

2020 San Antonio Compassionate Institute: Next Steps for Institute Fellows as Educators to Continue the Work

There are plenty of ways to carry on with the work of compassion at home, in your school, your workplace, and in the community. Below are some of the ways you can continue to grow compassion here in San Antonio and beyond.

<p>Stay updated on your compassion skills by going to this site for short online refreshers: citselfdirected.sutra.co/register</p>	<p>Take an advanced CIT course via Zoom in order to become a facilitator: compassionateintegrity.org/level-1-facilitator-training-program</p>	<p>Stay updated on the latest compassion-related events in San Antonio by visiting: sacompassion.net</p>
<p>Roll out a compassion training for your K-12 students. Learn more at the SEE Learning website: seelearning.emory.edu</p>	<p>Roll out a compassion training for your PK/K students. Learn more at the Think Equal website: thinkequal.org</p>	<p>Participate in a global educational effort to spread kindness and empathy around the world. Find out more at: empatico.org</p>
<p>Start your own community or workplace compassion group or training. For more information, reach out to sacompassion.net</p>	<p>Read: <i>Twelve Steps to a Compassionate Life</i> by Karen Armstrong</p>	<p>Participate in individual or group coaching sessions to learn ways to better integrate CIT in your life: compassionateintegrity.org/cit-coaching-options</p>

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

--Dalai Lama

