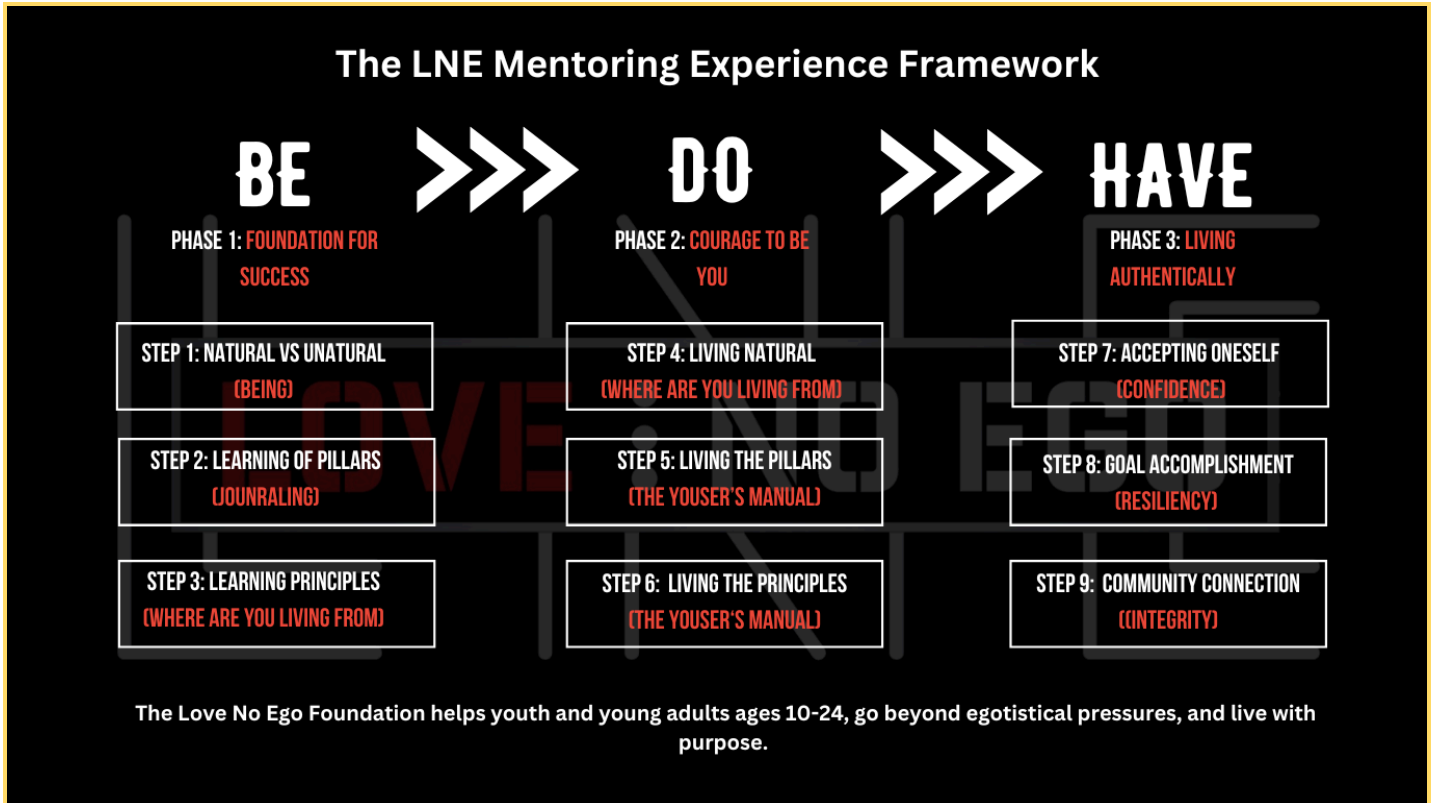


The Love No Ego Foundation  
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## Love...No Ego (LNE) Mentoring/Workshop Training Guide



A program to help youth and young adults ages 10-24, be happy, successful, and productive human beings in society. We implement the following teachings through group presentations, group discussions including personal story-telling, writing exercises, physical exercises, and activities. Writing and note-taking materials provided by LNE. The targeted demographic of this curriculum includes and can be applied to elementary up to college students, ideally ages 10-24.

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Part of Experience	Training Objective	Timeline for Training	Requirement for Completion
<b>Step 1: Natural vs Unnatural</b>	Knowing the difference between BEING & DOING; establishing the foundation for success.	1 Hour	Must be able to articulate the difference between being & doing. Aware of "Where You are Living From"
<b>Step 2: Learning of Pillars</b>	Understanding how building daily habits in Spirituality, Education, Exercise, and Community contribute to a better YOU	30 Minutes	Owning a practice of implementing each pillar into one's life.
<b>Step 3: Learning of Principles</b>	Intuitively seeing and understanding that You always have a choice to choose between the good and bad, love or ego.	30 Minutes	Owning a practice of implementing each pillar into one's life.
<b>Step 4: Living Natural</b>	Facilitating a daily practice through activities to live more intuitively/universally rather than worldly. Utilize the tools of the world, but don't let them use You.	1 Hour	Obvious connection to Nature, utilizing Nature to improve mental health and overall awareness.
<b>Step 5: Living the Pillars</b>	Facilitating a daily practice that embodies the activities that support each pillar.	1 Hour	Actively involved in and appreciative of the activities that embody each pillar.
<b>Step 6: Living the Principles</b>	Implementing a daily practice of the Principles to help guide good decision-making skills.	30 Minutes	Making good choices using the Love over ego philosophy.
<b>Step 7: Accepting Oneself</b>	Realizing and embracing that You are already awesome, courageous, and unique. Becoming inspired and grateful that You are Life!	30 Minutes	Can articulate and respectfully advocate for one's self.
<b>Step 8: Goal Accomplishment</b>	Start to accomplish external goals and follow through on desired interests to extend the You out into the world.	30 Minutes	Have one to multiple goals happily accomplished.
<b>Step 9: Community Connection</b>	Become embedded into and a part of the community via environmental and communal projects.	1 Hour Minimal	Actively involved in LNE community projects and other community projects that interest You.

Mentor Training Operations Checklist	
<input type="checkbox"/>	Pass Background Check: performed by <a href="#">Checkr</a>
<input type="checkbox"/>	Complete 1 Course with partnering organization <a href="#">Mentor Virginia</a> ( <a href="https://www.mentoring.org/">https://www.mentoring.org/</a> ). We will send the course to you.
<input type="checkbox"/>	Pass LNE Online Test (25 Questions)
<input type="checkbox"/>	Read, Agree, and Sign <a href="#">The LNE Team Handbook</a>
<input type="checkbox"/>	Mentor Shadowing: shadow mentoring session(s) with a LNE Mentor and Mentee. See Love No Ego Calendar: <a href="https://www.lovenoego.org/calendar">https://www.lovenoego.org/calendar</a>
<input type="checkbox"/>	Complete Form #4) <a href="#">Board/IC/Team Application</a>

Upon completion of the above Phases, Mentor/Trainee receives the following:

- LNE Handbook.
- LNE T-shirt
- LNE Book, Where Are You Living From
- LNE Book, The Youser's Manual
- LNE The Youser's Manual Wall Poster

**Note** that there are other trainings that happen once every two years which includes Mental Health First Aid Training, Trauma Informed Care Training, and CPR and First Aid Training.