



A Snapshot of our Curriculum...LNE Foundation

The Love No Ego Foundation

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MISSION: The LoveNoEgo Foundation provides real-world development for the youth and young adults ages 10-24, utilizing its principles, Love over Ego, Love over Fear, & Communication over Conflict, helping them to overcome challenges, find purpose, and live their true greatness.

PRINCIPLES: Love over Ego, Love over Fear, and Communication over Conflict

VISION: That every youth should have the tools to make positive decisions and create positive experiences, giving them sustainable inspiration to live their best life.

CURRICULUM TITLE: Love...No Ego, The Courage to be You

The Need - Why this Curriculum? Our youth need active and present role models, someone to be inspired by and to model themselves after. They need to feel and know that they are not alone. They have questions that need to be answered and we give them the internal and external space, a comforting environment to ask those questions freely. Our youth need to witness and actually see that good is good.

Lead Facilitator - Freddy Jackson: Freddy is educated, athletic, and spiritual. He is the proof that good is good. He is personally involved in the process of this curriculum and the overall mission of empowering all youth and young adults. For more on Freddy, the Founder of The Love No Ego Foundation, please visit <https://www.lovenoego.org/about-freddy> .

OBJECTIVE: “Love...No Ego” is the mantra. We show and help participants to identify and remove the layers of the ego, which in fact are limitations and undesired boundaries. Simultaneously, we show and help them identify “Love” and their natural place and connection to It. Love, presented in various and true ways, are the participants themselves, their intuition, their life and their life goals, personal interests, their family, all other human beings, and nature. Witness how we help participants put forth their best efforts to live truthfully, daily, and how the philosophy of “Love...No Ego”

serves as the foundation for happy, productive, and successful human beings, catapulting participants into goals and the greatness they desire and deserve. Let us serve and work with your youth.

DESIGN: A continuous and ongoing learner-centered, problem-centered, and goal centered design.

GOAL: to provide social-emotional support in eliminating daily pressures, enabling excellent decision making skills, daily positive behavior, and positive growth.

STRATEGIES: We call it **Personal Stories and Positive Activities...**

(not limited to) in-depth one on one and group setting dialogue, cognitive and behavior enhancement exercises, goal setting-maintenance-achievement strategies, and approved group outings.

DURATION: minimum 8 weeks, maximum 26 weeks, with 1-2 sessions or days (or part of days) spent with the participants each week.

INTENDED OUTCOME:

We aim to help develop confident boys and girls, young men and women, but not egotistical boys and girls, young men and women. We believe that there's a fine line between confidence and ego, and we ensure that our youth are living from that productive and confident space. We aim to instill full and respectable acceptance of self and others versus resisting and fighting differences.

- **A Sense of Belonging:** understanding and acceptance of why and how participants (our youth) are already great and meant for greatness
- **Reduced Peer Pressure:** how being the best You reduces the pressure to conform, fit in, or compare oneself to others
- **Organization Skills Improvement:** how to set, plan, and create positive experiences. how to organize physical and personal space.
- **Internal Conflict and Esteem Improvement:** how to improve spiritual, physical, and mental fitness (overall wellness)

WHAT YOU CAN EXPECT THIS PROGRAM

- More accepting to challenges
- Respect and humility for what is
- More self-confidence and creativity with a desire to grow
- Sustainable and consistent motivation
- More positive attitude
- Goal Accomplishment

REFERENCES:

In addition to the references listed below, you can also view the testimonials and reviews of our work on the homepage of our website www.lovenoego.org (homepage)

* Stephanie Passman

Community Public Charter School - Charlottesville, Virginia

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* Crystal Beasley

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This curriculum, foundation, and all of its programs are for all youth and young adults. We/it does not discriminate on the basis of sex, race, color, religion, creed, age, national origin, ancestry, pregnancy, marital status or parental status, sexual orientation, or disability.

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