



Love No Ego Foundation, Inc.



**ANNUAL REPORT
2025**

WHO WE ARE

MISSION: The Love No Ego Foundation helps youth and young adults ages 10-24 go beyond egotistical pressures and live with purpose.



**Igniting the Love space!
Removing the ego!
Living with Purpose!**

Since our beginning in 2016, we've always focused on helping the youth and young adults, develop a foundation within that is not easily shaken, and that could stand up and go beyond the egotistical pressures of society and the world, and into healthy living.

Pillars, Principles, Vision, and Programs



Pillars

Our mission stands on the 4 Pillars of:

Spirituality - We are spirited beings by nature. We help young people recognize their potential and create healthy identities. We are not affiliated with any religion or religious entities.

Exercise - We are made to move. Nature-play, hiking, and physical training, exercise, or movement are key components of great overall health and positive personal development. The Love No Ego Foundation is a team of certified personal trainers, trained yoga instructors, certified nutritionists, runners, and fitness enthusiasts.

Education - We believe in education. The process of giving and receiving systematic instruction grounded in knowledge, experiences, ethics, and morals, are critical for true growth.

Community - Community is important. Connecting young people to the community through various projects, workshops, and events, we help to develop an attitude of helping and giving while inspiring them to bring changes in society.

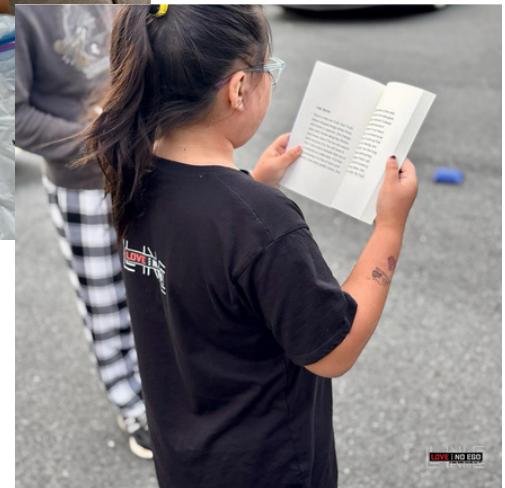
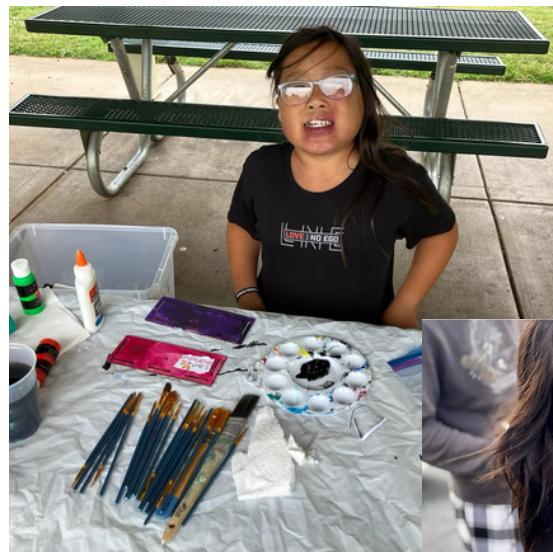
Principles

We use our core principles in demonstrating to the youth how to actively choose:



- Love Over Ego
- Love Over Fear
- Communication Over Conflict

We believe that every youth should have the tools to make positive decisions and create positive experiences, giving them sustainable inspiration to live their best life.



Motivational Speaking - boosting the morale and esteem of the whole environment

Mentoring - one on one sessions providing the tools for sustainable growth

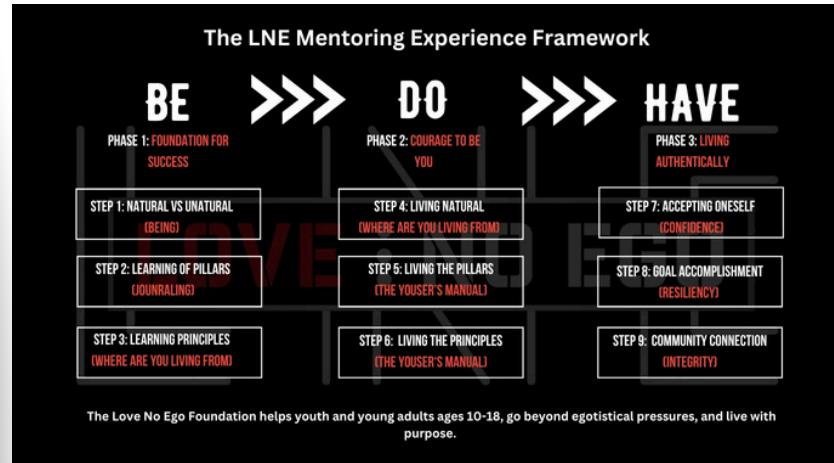
Workshops - in-depth collaboration and communication addressing the everyday pressures of our youth



The LNE Curriculum



Our work is rooted in our Four Pillars of Spirituality, Exercise, Education, and Community. We are able to apply trauma-informed care principles, therapeutic, restorative and healing action steps, and what we call, "Being and Now Practices". Majority of our programming occurs outdoors in Nature all year long.



WHAT TO EXPECT FROM OUR CURRICULUM

- Development of a Healthy Identity
- Improved Self-Awareness
- Psychological Social-Emotional Support and Growth
- Health, Fitness, and Wellness Support
- More Accepting to Challenges
- Job Placement (if applicable)
- A Respect For Nature and an Increase In Outdoor Nature-Play
- A Practice of Respect and Humility
- Sustainable and Consistent Motivation
- Improved Confidence and Attitude
- Goal Attunement and Accomplishment

2025 In Review



Love No Ego (LNE)

- 8 LNE Mentors
- 7 Board Members
- 3 Advisory Team Members



- **\$7,400** in Grants
- **\$23,000** in Donations
- **\$6,400** raised via Motivational Speaking
- **\$18,900** raised through programming and curriculum.

\$55,700 in total gross income



- 7 Community Volunteers Utilized
- 13 Partnerships Utilized



- Motivational Speaking Presentations: 6100 Impacted
- Mentoring: 31 impacted
- Workshops and Events: 125 impacted



[View Demographics](#)
<https://www.lovenoego.org/impact>

6256 Served

LNE Board and Advisory Team



Freddy Jackson



Walter Williams



Wendy Vigdor-Hess



Christine Brodmerkel



Gary Von Kennel



Maurice Carter

View Full Board and Team Here:
<https://www.lovenoego.org/boardandteam>

Testimonials

"Outstanding! The presentation was excellent. Students and staff were engaged and have continued to talk about the presentation and practice the pillars and principles in our school environment."

Courage to Be You,
Youth Mentoring



"The impact was immeasurable. LNE helped pull our kiddo out of a depression and restore his confidence. He helped him secure a job, got him physically active, got him talking about his feelings and his future and helped him to be a healthy and happy human again. It was AMAZING and we are forever grateful to Freddy and LNE!!!"

"We are seeing such a huge impact in (mentee's) confidence, level of engagement and willingness to share in his sessions with (mentor). This is also carrying over into school and therapy, and we are seeing him begin to come into his own as he embraces who he is and how he engages with the world. Thank you for your time and care with him!"



"I think the mentoring has been essential in helping my son's confidence as well as impacting his maturity and respect."

Founder's Note:

Freddy Jackson



"It's all about the Love...helping youth ignite the space within that was given them. It is their natural inheritance, and we simply want them to see that and commit to showing up as authentically as they can despite their challenges.

That's 'Love...No Ego, The Courage to Be You.' "

As 2025 has come to a close, we're trusting that you will contribute to our cause and help us continue and expand our impact.

With our Courage to Be You, Youth Mentoring Program, we impacted 30 youths this year...while our Motivational Speaking Program reached over 6000 students!

Our programs are 100% supported by grants, donors, and partnerships.

We Love You. Thank you for thinking of The Love No Ego Foundation and the future of our youth community!

Freddy Jackson



Things to lookout for in 2026!

- [The Love No Ego Experience](#)
- [National Love...No Ego Day](#)