



AFH Workshops on Smart Philanthropy

Empowering athletes with the knowledge, tools, and confidence to create meaningful community impact throughout every stage of their philanthropic journey.



Education

A Core Component of Athletes for Hope

Education is the foundation of every athlete’s philanthropic journey—and the starting point for lasting impact. As part of our Causeway roadmap, Athletes for Hope (AFH) offers a dynamic curriculum of educational workshops designed for professional, Olympic, Paralympic, and collegiate athletes. These interactive sessions spark reflection and dialogue, helping athletes understand their role in the community, uncover their personal passions, and explore meaningful ways to give back.

Our lineup includes a variety of workshops tailored to athletes at every stage—rookies, veterans, and retirees—across all sports.

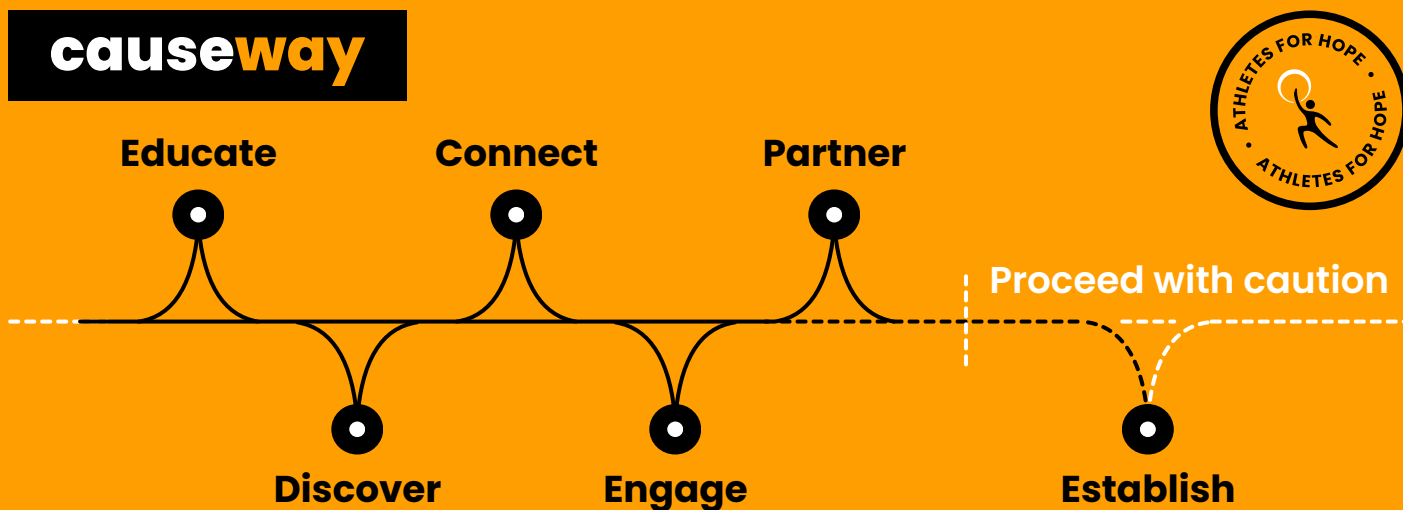


AFH’s Empowerment Workshop is a critical first step in helping athletes discover their community service interests and how to take action to impact their communities. AFH has attended the last seven Senior Bowls and this workshop has become an integral part of the week.



Jim Nagy

Former Executive Director
of The Senior Bowl



Over 12,000 professional, Olympic, Paralympic and collegiate athletes educated by AFH Workshops

1.0 Empowerment Workshop

The 1.0 Empowerment Workshop focuses on a series of interactive and educational exercises that empower athletes to **explore their powerful role within the community**. Athletes have the opportunity to discuss topics such as the value of their time vs. money and whether their level of fame plays a role in their charitable involvement.



Objective: Teaches athletes new tools to explore their role in the community.

Primary Audiences: Athletes who are new to Athletes for Hope and/or athletes who have yet to fully begin their philanthropic journey

2.0 Finding Your Passion

The Finding Your Passion Workshop is centered around step two of the Causeway: Discover. The 2.0 exercises help athletes **think critically about causes they are passionate about** and the multitude of ways in which they can get involved. During this workshop, athletes create a mission statement that will guide them through their philanthropic journey.

Objective: Guides athletes in discovering and developing their philanthropic passions

Primary Audiences: Athletes who have already gone through 1.0 and/or athletes who are already on their philanthropic journey.



3.0 Vehicles for Giving

The Vehicles for Giving workshop **educates athletes about alternatives to starting their own foundations**. We explore different giving vehicles through interactive exercises that provide a greater understanding about how athletes can utilize these tools to impact their communities at different stages of their career and in retirement.

Objective: Equip athletes with the knowledge and tools to give back through different vehicles for giving.

Primary Audiences: Athletes who have already gone through 1.0 and 2.0 and/or athletes who are attempting to better understand the philanthropic landscape.



4.0 Athlete Foundations

The Athlete Foundations workshop **guides athletes through a series of exercises that discuss foundations and best practices to maximize success**. We explore a variety of scenarios that happen to current and retired athletes, and discuss a plan of action to best address each circumstance.



Objective: Empower athletes to make informed, strategic decisions about whether launching a foundation is the right path to amplify their impact.

Primary Audiences: Athletes who have already gone through 1.0, 2.0 and 3.0 and/or athletes who are considering starting a foundation.

Frequently Asked Questions



Why do we need the AFH Workshop when we are already active in our community?

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What follows the workshop?

Throughout AFH's almost two decades of conducting these sessions, we have found that teams and individual athletes do more in their communities after participating in just one of our workshops. AFH will work with the main contact of each team to determine how to best support individual athletes and teams' charitable efforts. Each year, AFH connects thousands of athletes to vetted charities as we work hands-on with each athlete and charity to create meaningful experiences which are mutually beneficial.

Why is an AFH Workshop beneficial to my team?

By bringing in AFH to facilitate a Causeway workshop, you are sending the message that giving back to the community is an important priority to your organization. Our workshops provide athletes with knowledge that will help them make smart philanthropic decisions. For example, many young athletes, particularly rookies, make the mistake of starting a foundation without thinking through the long-term commitment, particularly regarding the financial ramifications. We help to instill a different way of thinking that enables athletes to consider the broader philanthropic landscape and evaluate the most prudent method for them to give back to their communities.

Athletes for Hope (AFH) is a 501(c)(3) non-profit organization that was founded in 2006 by Muhammad Ali, Mia Hamm, Andre Agassi, Jackie Joyner-Kersey, Alonzo Mourning, Jeff Gordon, Warrick Dunn and 5 other legendary athletes. AFH educates, encourages, and empowers professional, Olympic, Paralympic, and college athletes to find their philanthropic passions and volunteer with community organizations and schools across the U.S. AFH is now led by the next generation of athlete leaders, including Stephen Curry, Katie Ledecky, Nathan Chen, and Elena Delle Donne, and has become the largest athlete-led sports non-profit in the world with thousands of athlete members. Our core programs focus on underserved youth physical activity, leadership, mental health, positively impacting more than 200,000 underserved students every month.



How to Get Involved

Whether you're an athlete, organization, or supporter, there are many ways to join our movement:



Athletes

Participate in AFH Workshops, join our programs, and connect with causes you care about.

Schools & Nonprofits

Partner with us to bring athlete engagement, mentorship, and programming to your community.

Supporters

Contribute funding, resources, or expertise to help expand our reach and deepen our impact.

[Join the Movement](#)



AFH Wellbeing

In addition to our core philanthropic education, we also offer a dedicated mental health workshop that equips athletes with tools to prioritize well-being and support whole person development on and off the field.

[Learn More Here](#)