MFBRANDS
YOUTH ACADEMY

Mental Formation

March 18, 2026

# Corporate Athlete - Certificate

**This certificate is awarded in recognition of the successful completion of the Youth Academy – Professionnal Effectiveness Program,**
**an 8 hour-long training which consists in developingadvanced mental performance skills** including:

- Strategic **self-awareness** and leadership **clarity**
- **Emotional control and resilience** in demanding environments
- Ability to **transcend internal limits** and perform at a higher level
- **Deep focus** and **disciplined attention**
- A **sustainable standard of excellence** and long-term performance

***Performance with clarity. Leadership with intention.***

*Certified by*
**Mental Formation by Thomas Sammut**

Reference Number: 2180857944821983

Thomas Sammut
for Mental Formation
by Thomas Sammut

