



MFB BRANDS

YOUTH ACADEMY



Mental Formation

March 16, 2026

Corporate Athlete - Certificate

This certificate is awarded in recognition of the successful completion of the Youth Academy – Professional Effectiveness Program,

an 8 hour-long training which consists in developing advanced 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: 5494137362243700

Thomas Sammut
for Mental Formation
by Thomas Sammut

