MFBRANDS
YOUTH ACADEMY

Mental Formation

March 16, 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: 8967498377630327

Thomas Sammut
for Mental Formation
by Thomas Sammut