



To whom it may concern

5th September 2018

I hired Martin Formato to speak to 130 of our students at Trinity College about what it takes to be successful in life, how to make changes if things are not going well and what to consider for a future pathway.

Based on student feedback, Martin's talk was well received and found to be entertaining, educational and empowering.

Martin explained how we can use our mind to our advantage and shared a smarter way to set goals. He guided the students through an exercise which demonstrated that they can change their limiting beliefs and therefore results by using the power of their imagination.

Martin was professional, full of energy and a pleasure to work with. He really cares about helping students reach their full potential. In addition to the inspiring talk, Martin even offered a free online course and a free private coaching session to those students who needed some extra support.

I highly recommend Martin Formato as a speaker for high school students who want to optimize their performance.

Yours sincerely

Philip Jurjevich

Coordinator Becoming Men

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