Dear Future True Athlete,

We are excited to invite you to join The True Athlete Project's **Mentoring Program**. As an aspiring athlete, we understand you need a team of support to help achieve the performance you desire. Our goal is to deliver a personalized support system to ensure you have the skills to excel in sport, and life.

As a participant in the Mentoring Program, **The True Athlete Project Team** will first talk with you in order to understand your goals, and any challenges you may be facing. We will then pair you with a world-class athlete mentor. All of our mentors have completed The True Athlete Project training curriculum that allows them to guide their athlete towards success.

You and your mentor will cultivate a year-long relationship, alongside the structured support system of the True Athlete Project Team, aiming to give you a holistic skill set of mindfulness and other training techniques to help you become focused, aware, resilient, and able to perform to the best of your ability.

You will receive a year of personalized mental skills training developed by our team of world-class psychologists and coaches, and a brand new, 6-week "Mindful Sport Performance Enhancement" course, delivered online by its creator, Dr. Keith Kaufman. The total cost for the year is £350 / $450 and you can also [apply for a scholarship here](mailto:thetrueathleteproject@gmail.com).

True Athletes develop mind and body in order to enhance performance, nurture life-long health, and make the world a better place for others. To apply for a place on this life-changing program, and to embark on the "true athlete" experience, simply return the attached bio form and commitment statement to your coach, or send to: thetrueathleteproject@gmail.com

Sincerely,

**Sam Thomas Parfitt**

CEO and Founder, The True Athlete Project