



"I learned more about real life in this one weekend, then in my entire year in A Levels thus far... Every teen should attend this..."
Becky, 16, Dorking

Dear Parent of a Teenager,

Erin was 16 when she walked in the door of a HeroPath weekend...

...understandably, she felt awkwardly out of place without her friends by her side and was proud of herself for even showing up. Though she was an attractive girl, like many 16-year-old girls, she was nowhere near as confident as she wanted to be and was preoccupied with her looks and popularity.

With this mindset, she found herself checking out the other teens in the room, comparing herself to them. She was already doing the very thing she was trying to stop doing.

Steven was 17...when he first attended a HeroPath course. He was attending an exclusive boarding school and was just months away from finding out which of the top universities he'd be attending next year. He'd received the best education possible in the UK and had spent his coming-of-age years in this isolated environment, far from the realities of 'normal' teenage life. Being at an all-boys school had left him with very little experience with girls and almost no confidence with them. He came here wanting that to change, and to change in a hurry.

Joseph was only 14...when he came to his first weekend. He came only because his cousin told him it would be great. Unlike the others, he was very confident with his peers. He wanted something very different. As a competitive athlete, he was on track to be selected for a regional football team that would be competing across Europe. The trials were in a few weeks and the competition and pressure would be immense. He was incredibly nervous about being able to perform under the pressure. As a goalie, he had to be on top of his game as even the slightest distraction would mean the difference between selection and non-selection.



All three of these young people, along with the 11 others that weekend, attended hoping this would help them and yet were admittedly sceptical that it could. They'd had plenty of advice before in life and often found that even the best advice was much easier said than done.

However, this HeroPath programme made different promises – **even guaranteeing it would help them**, or they could leave midway through and get their money back.

None of them left. All in fact not only stayed, they didn't want it to end.

None ever do.

The 14 tentative, sceptical teens who came in the door on Friday evening, walked out on Sunday afternoon with a different posture, a different attitude and an uplifted sense of themselves and what was possible in their lives. They'd extracted what they'd wanted and something more – something they couldn't explain to their parents on the car ride home or to their friends at school the next day and in the weeks and months that followed.

There is something magical about watching a young person just on the verge of coming of age, suddenly come to enormous realisations about themselves and about life. This is especially true when these realisations free them from unnecessary worries and set them on the path to being truly confident and secure.



HeroPath has done this for hundreds of teens over the past seven years, playing an invaluable role in helping these young people progress on the path of personal success.

The programme is based on a scientific understanding of how the brain works, and teaches young people how to utilise this to become focused, composed and self-directed. Rather than letting themselves get lost in worrying about what others are thinking or getting distracted by what is going on around them, they learn how to discipline themselves to manage themselves from the inside.

They use this method to help themselves perform better, whether at school, or the sports field – anywhere. They use it to be confident in social situations and to stay centred even when on the receiving end of criticism. Perhaps most importantly, they use this method to help them make critical decisions and to have the courage to act on those decisions, even when it isn't easy or popular to do so.

Hannah knew she wanted to take a gap year after Sixth Form, and to travel the world. She made the decision after a HeroPath program she attended when she was 15. Many of her peers got excited about the idea too but unlike Hannah, it was just a passing fantasy they gave up when confronted with what it would entail.

Sadly too many people have dreams like this that they give up. Too often the dreams they give up, turn into a life of varying degrees of compromise and unlived dreams.

Hannah was determined to not let that happen to her. She deferred her admission to the University of Exeter for an entire year.

Even as one by one the group of her peers who had enthusiastically proclaimed they were going with her, began to dwindle, she stayed focused on her dream. She took two jobs, saving almost every penny. Then she continued to work for seven more months after she left school.

Finally by early February she had saved enough money. The three of them who left to travel the world had done something few people her age ever accomplish. They stayed focused on their goal for three years. They stayed disciplined to persevere even when it would have been much easier to compromise, go on a shorter trip and start university with her classmates. They 'delayed gratification', saving instead of spending. They found jobs even when the economy was in shambles. Most importantly they then went on and spent eight months travelling to remote corners of the earth that few people ever visit... places like Mayan Ruins in the Andes and treks through remote Southeast Asia...

When she returned from the remarkable journey, she was in a different state and stage of life. Entering lectures at Exeter the following autumn she was a year behind her peers, *yet in the school of life she was years ahead...*



That is what HeroPath ultimately is for young people.

It is a school of life that teaches them real-life knowledge that generates real-life results.

Most crucially, it literally teaches them how to generate this way of being for themselves using their own brains, so that the value of what is taught here stays with them forever and they too can have the discipline, courage and confidence to pursue their dreams and see their way through to lasting success.

So if you want your teenage children to pursue a fulfilling and happy life, why not give them a wonderful start?

There are two HeroPath weekends coming up: 20-22 November 2009 and 22-24 January 2010. **Space is limited** to ensure every participant receives focused, personalised attention and places are allocated go on a first-come-first-served basis.

To apply for a place, please complete the enclosed application and be certain to read our 100% guarantee. **Only 5 spots are open in the November workshop.**

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