

MEENA FLYNN: I'm very excited to introduce Lexi Thompson. Lexi joins us today from Delray Beach, Florida where she's preparing for her next tournament. Welcome Lexi.

LEXI THOMPSON: Hi. Thank you for having me.

MEENA FLYNN: So Lexi, you were the youngest golfer ever to qualify for the Women's US Open at the age of 12. What first got you into this sport? And what motivated you to stick with it over the years?

LEXI THOMPSON: Well, you know, I started golfing when I was five years old. I grew up on a golf course. And having two older brothers that ply golf as well, just kind of got me into the game at a super young age.

I always had them to play against growing up. And just to learn from. And I started tournaments when I was seven years old. And just to keep me interested. I always had the competition of having them around. And starting at a young age. But at the same time you can never perfect golf. So, I was always super determined to try to find a way.

MEENA FLYNN: And is that why you continue to stick with it? Just that focus on excellence?

LEXI THOMPSON: Yeah. You know, golf is such an amazing game. You learn a lot about yourself. And like I said, you can never perfect it, so it's always an ongoing learning process. So, you know, I enjoy it. And just the thrive of competition, I guess.

MEENA FLYNN: So, just as you mentioned, golf is largely an individual sport. But for you as you also just mentioned, it's a family sport. What has the individual aspect of it really impressed upon you the most? And also, what's it like to live with a bunch of family of golfers?

LEXI THOMPSON: Yeah, the individual aspect of it, I think, is the best part of it. I grew up playing golf, soccer, and basketball, so I played other team sports as well. And I enjoyed those. But golf, just the individual factor, like I said, you learn so much about yourself. And I think that's what drew me to the game the most. And just growing up with a family of golfers, I didn't have much of a choice but to play golf. I just loved the competition and having them around. And it's very competitive. A lot of trash talking. And you have to learn to be strong in the Thompson household.

MEENA FLYNN: Let's switch to this year. 2020 has definitely been challenging, both on the course and off. What have you been doing to continue to thrive in such a constantly changing environment? And also, what do you do to recharge?

LEXI THOMPSON: Well yeah, 2020 has been a very difficult year. But I'm just very grateful that myself and my family have stayed healthy and have just gone through the year with a positive attitude. You know, it's been a struggle just not knowing when we were going to play in the LPGA tour and if we were going to at all. So, us players were just thankful to have the opportunity to play this year, even though there are no fans and everything, just the opportunity to play. We were very grateful for it. But I had a lot of time to spend with my family, which is always nice. I've never had this much time off in my life. So it was very different for me. Felt quite normal, but at the same time not because we couldn't go out and, you know, act normal. But just to have the off time, I think, was actually very needed for me.

MEENA FLYNN: And tell us what you do to recharge, whether it's, you know, when you've got a moment in between a tournament or when you're in between tournaments, how do you decompress?

LEXI THOMPSON: I think for me, I mean, I love to just relax, watch TV, or Netflix shows. But I'm very much into fitness as well. A lot of people say, "Well, how is fitness relaxing?" But to me, it's an outlet, you know? Just to get my mind off things and, you know, put my earphones in and just jam out some music and just let everything go. So that was a big outlet for me. Even though gyms weren't open I was doing spinning classes in my garage and just at-home workouts just keeping myself busy.

MEENA FLYNN: Let's talk about what you're doing outside of golf. And we know that you're in the process of launching Lexi Skin. What inspired you to start your own company? And how did you decide to get into the skincare industry in particular?

LEXI THOMPSON: Well, you know, I've played professional golf since I was 15 years old. So, I've been doing it for ten years now. And it's just nice to have other passions outside of the game. You know? And skincare has been very important to me. It's something that I've been passionate about. Over the years I've tried many products and, you know, especially now with wearing masks and dealing with acne and everything, so going through all that I'm very passionate about it. And I came out with just my

new brand, the Lexi brand. And launched my logo at the ANA Inspiration this year. So, it'll be Lexi Skin, Lexi Fitness and Golf. And those are my three passions. So, I'll be hopefully have a soft launch of the Lexi skincare line at the end of this year. And fully, hopefully, be launched next year in 2021.

MEENA FLYNN: And about that skincare line or Lexi Skin, what were you involved in in terms of the creation of it? Why was it important to you to start a skincare line?

LEXI THOMPSON: Well, it was just very important to me. It's something I'm passionate about. But I got involved with a south Florida skincare group and I just loved how passionate they were about skincare in general. And just their product, they told me about it and how it works. It's copper based. And just everything that goes into it, the scent of it, and just how it feels on my skin, I've been using it for a now and it's helped me out tremendously. So, anything that can help other people out as well. And I'm just super excited to be involved with it other than golf.

MEENA FLYNN: Absolutely. And you just mentioned a little bit about your partners and how you decided to get into Lexi Skin. Maybe you can tell us how you decided to pick those partners. You said they were passionate. But what else is really important to you as you're starting this company?

LEXI THOMPSON: In general, for me just partnerships that I have along my career, it's been important to have people that have the same passions as I do and just strive for greatness and to be as good as they can be, whatever skill that shall be. So, that's very important for me. And I met up with this skincare group that's south Florida based and they were just amazing people and so passionate to, you know, launch this company and get it going and just be successful. But you know, it's not only about being successful, it's just loving what they do and just always striving to be better.

MEENA FLYNN: You went pro at the age of 15. So, you're definitely no stranger to taking on a lot of responsibility and pressure. As an entrepreneur, what have been some of the challenges that you've faced?

LEXI THOMPSON: Of course. I turned pro at 15 and if kind of been in the spotlight since I was 12 when I made it to my first US Women's Open. So, there's been a lot of pressures and expectations on me. And I've gotten used to that at a young age.

It's just been a learning process along the way. You learn through failures. And then you just enjoy the successes because you know you stayed strong through those failures and, you know, learned how to be strong through the tough times. So it's very important.

But off the golf course, being an entrepreneur I've learned just the process. Like let's say I went to the shipping facility where the skincare product will be stored and shipped out. And just the process of how everything needs to go into it and get checked and get approved. And it was remarkable. Like, I had no idea. So, it's pretty amazing just all the people that go into the process and how hard they work to make it successful. It's pretty amazing to see. So, I'm just happy to be a part of it and willing to work just as hard to help any successful things happen with the company.

MEENA FLYNN: You mentioned also that you were doing or you're considering Lexi Skin-- well, you're doing Lexi Skin. You're considering Lexi Fitness and Lexi Golf. Have you started doing something on the golf side outside of playing? And then on the fitness side? Or that's one question, I guess. Also, I think, it would be interesting for this group to know if there are things outside of fitness and golf that also you might want to break into from an industry perspective.

LEXI THOMPSON: Well, as of now the skincare line is the biggest thing. But fitness wise, like I said before, I'm super into fitness. It's been my outlet for many years now. And I'm hoping in the next five or so years to either open up a gym in south Florida that will help out up and coming athletes to help train for their sport, not only golf, but just any sport to be the best at. And I'll hopefully have an app that I will be on with my trainer and we can have live workouts or recorded workouts that people want to see that could help with their golf swing, or just work towards any specific part of the body.

MEENA FLYNN: I saw your Instagram yesterday where you were in the gym. And that was pretty intense and pretty awesome at the same time. So, I appreciate what you're saying. And I'm sure a lot of people would like to look at that and see it and learn.

So, regarding golf, maybe you can tell us-- give us a couple hints as it pertains to maybe those who want to improve their golf game or maybe improve their handicap.

LEXI THOMPSON: Some tips? Let's see. You know, I always see

everybody just trying to swing as hard as they can. And that's the biggest mistake that you can usually do. But golf is a crazy hard game and usually you just want to focus on the fundamentals to start off with. And usually you always go back to the same mistakes. So, get an instructor, maybe. Get fitted for the right gloves that fit your swing the best. And start from there.

MEENA FLYNN: Well, Lexi, thank you. We really appreciate you joining us.

LEXI THOMPSON: Thank you for having me.

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