



Who we are:

Founded in 2022, 2Mynds, Inc. is the first mental fitness training company to target mental health through a mental fitness methodology that has its roots in exercise physiology. In simple terms: we help you train your mind like you train your body. Our innovative Flow 255™ toolbox and our mind-body flow training are at the core of our value proposition to professional athletes, high-performance juniors, and competitive adults, with a special focus on university tennis teams. Our goal is to expand mental fitness training beyond sports, to everyone working in high-stress and demanding environments. Find more information about how 2Mynds is shaping the future of mental fitness at <https://www.2mynds.com>.

Founded:
2022

Headquarters:
Carmel, CA

Team:
8

Industry:
Health & Wellness

Our mission

Our mission, at 2Mynds, is to help everyone achieve better mental health and better performance through mental fitness. To achieve that we bring you the first mental fitness platform that trains your mind like you train your body.

Our product

Our core product is a mobile-first web platform for mental fitness training with testing, learning, and training components. We offer free and paid access to individuals and a separate enterprise version for universities and organizations that manage multiple teams.

Our team



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How we make a difference

We train your mind like you train your body. The current paradigm for mental training is to work towards behavioral changes with a sports psychologist or performance coach. However, these sessions rarely involve progressive training that seeks to overload mental capacities. As a result, many athletes know exactly what to do, but their presence and performance still suffers under pressure – because key mental skills were never trained methodically under pressure. This is where 2Mynds and our online Flow 255™ toolbox comes in. We train mental skills like physical skills: with progressing workouts in a gamified online platform that helps you get your reps in and keeps you accountable.

Key quotes

“Mental health through mental fitness”

“Unleash your Mind”

“Train your mind like you train your body”

“Flow 255™”

Social media

Instagram: <https://www.instagram.com/2mynds/>

Facebook: <https://www.facebook.com/2mynds>

Linkedin: <https://www.linkedin.com/company/2mynds/>

Twitter: <https://twitter.com/2Mynds>

Youtube: <https://www.youtube.com/@2mynds>

More information

Homepage: <https://www.2mynds.com>

Podcasts: <https://www.2mynds.com/podcast/>

Blog: <https://www.2mynds.com/flow-journal/>