



The Future of Flow Training Is Here!

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Try For Free



2MYNDS

UNLEASH YOUR MIND

WE TARGET A KEY PROBLEM IN SOCIETY

MENTAL FITNESS REMAINS UNADDRESSED

1 in 5

Americans experience a mental illness each year

\$225B

Spent a year on interventions for mental health in the US

WHILE MENTAL HEALTH ISSUES ARE HIGHLIGHTED...



MENTAL FITNESS ISN'T PART OF THE CONVERSATION

MENTAL HEALTH AND FITNESS ARE DIFFERENT

SO, THERE IS A NEED FOR A DIFFERENT SOLUTION



Mental Health

Health describes a level of well-being or lack of ill-health. Health is a broader concept than fitness.



Mental Fitness

Fitness describes a capacity level, not an activity you do. Achieving a level of fitness requires training.

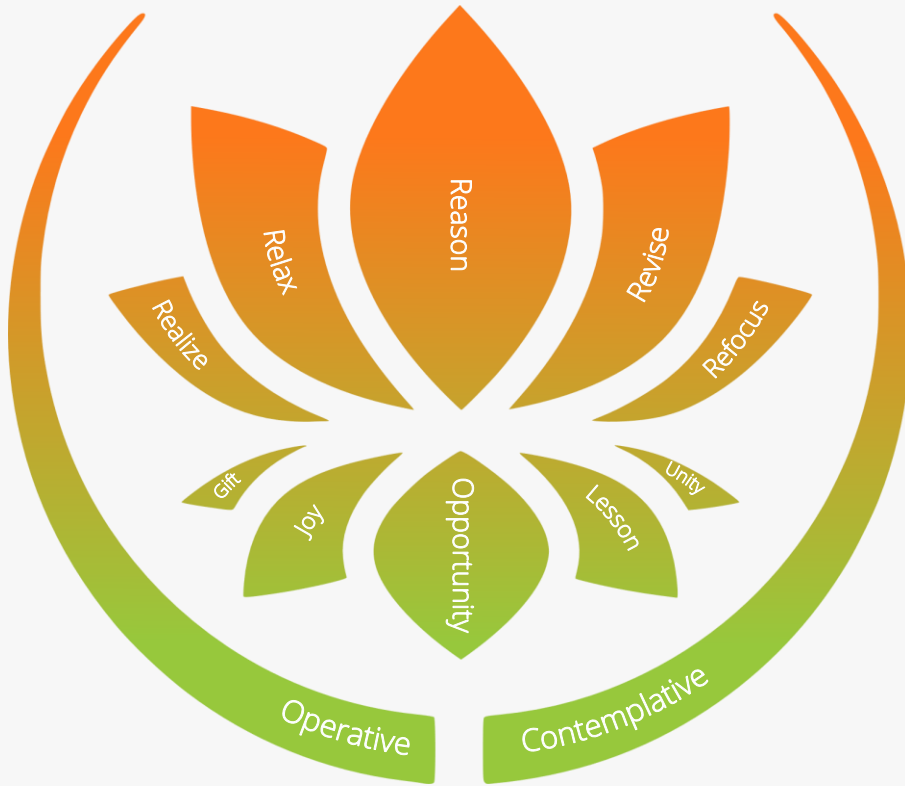
SO, WHO TRAINS?

- **MENTAL SKILLS IN WORKOUTS?**
- **WITH PROGRESSIVE OVERLOAD?**
- **FROM FOUNDATION TO FUNCTION?**

Answer: nobody!

THE SECRET SAUCE: FLOW 255™

MOTHERS MAY TREAT AND SUPPORT, WE TRAIN AND PREVENT



2 STATES

- Be operative - flow
- Be contemplative - grow

5 SKILLS

- Training under pressure to obtain five skills necessary to be mentally fit; then transferring and implementing these skills when it counts.

5 PERSPECTIVES

- Cultivating positive perspectives in training and progressive situations to achieve mental fitness.

A COMPLETE SOLUTION FOR YOUR TEAM

A SELF-GUIDED MENTAL FITNESS TOOLBOX FOR EVERYONE

ASSESS

TEST



TRACK



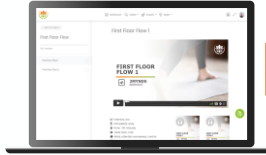
See how mental fitness develops over time in multiple domains with tests and analytics.

ACQUIRE

LEARN



TRAIN



Innovative learning combined with guided (video and audio) mind-body flow workouts.

APPLY

TRANSFER



IMPLEMENT



Podcast and sports channels to help you build routines that translate to performance.

Teams

A team group with social features and leaderboard

Meets

Monthly blackbelt webinars for mental fitness

VALUE FOR YOU AND YOUR TEAM

WE DO THE HEAVY LIFTING, YOU AND YOUR PLAYERS BENEFIT

FOR YOU

TEAM

Support your team

\$1,950*
Per year for 10 athletes

- ✓ Full access to GROW resources
- ✓ Kick-off event*
- ✓ Staff webinar*
- ✓ Information kit
- ✓ Monthly flow newsletter
- ✓ Free online coaching program
- ✓ Free certification workshop*
- ✓ Academic discount for team package
- ✓ Academic partner in directory
- ✓ Branded group in platform
- ✓ Lesson templates

(*) Available as in-person event via add-on

SIGN UP

FOR YOUR PLAYERS

GROW

Build your flow

Via access code

- ✓ Full access to GROW resources
 - ✓ All mental tests
 - ✓ 15+ learn units
 - ✓ 15+ mind-body workouts
 - ✓ 15+ guided flows
 - ✓ 15+ routine videos
- ✓ Roadmaps for the entire year and more
- ✓ Work together in your team group
- ✓ Rank up on leaderboards
- ✓ New content every month
- ✓ Select podcasts & webinars
- ✓ Bonus leadership option for team captains

SIGN UP



(*) Inquire about our sliding scale



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