



The Future of Flow Training Is Here!

FOR ACADEMIES



2MYNDS
UNLEASH YOUR MIND



WE TARGET A KEY PROBLEM IN SOCIETY

MENTAL HEALTH THROUGH MENTAL FITNESS

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

FITNESS REQUIRES (PREVENTATIVE) TRAINING, NOT TREATMENT



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.

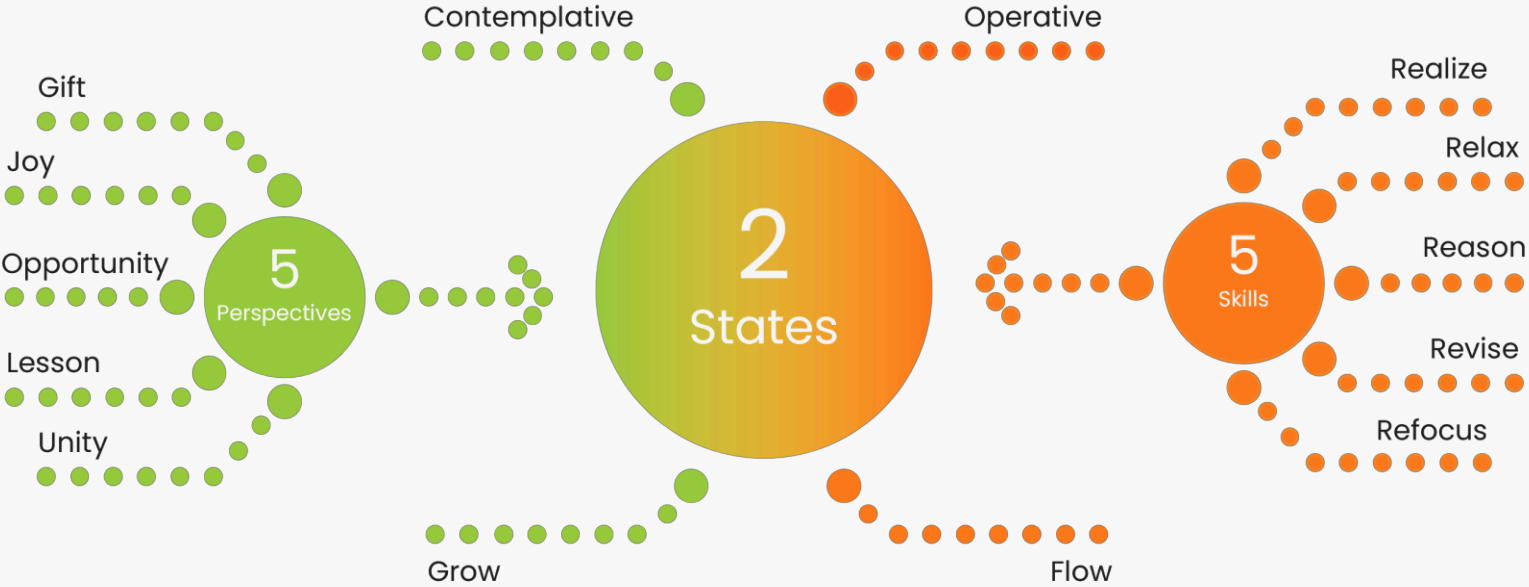
SO, WHO TRAINS?

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

Answer: nobody!

FLOW 255™ – THE METHOD

TWO MINDS CONTROLLED BY FIVE SKILLS AND FIVE PERSPECTIVES



FLOW 255™ – THE TOOL

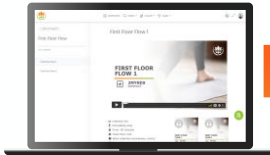
A SELF-GUIDED MENTAL FITNESS TOOLBOX FOR EVERYONE

ASSESS

TEST



TRACK



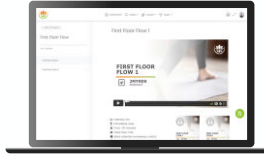
See how mental fitness develops over time in multiple domains with tests and analytics.

ACQUIRE

LEARN



TRAIN



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

APPLY

TRANSFER



INTEGRATE



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

Teams

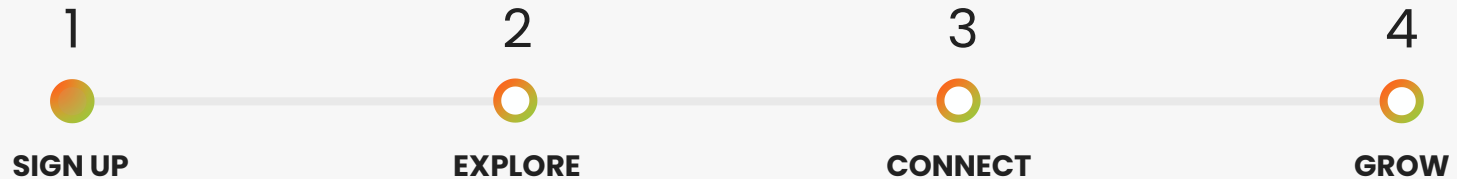
Join groups with social features and leaderboard

Meets

Monthly blackbelt webinars for mental fitness

BRINGING YOUR PLAYERS ON BOARD IS EASY

PLAYER ACCESS DOES NOT REQUIRE INPUT FROM YOUR STAFF



GO

Explore your flow

FREE

- ✓ The basics in the Flow 255™ GO toolbox
 - ✓ Mental skills test
 - ✓ 3 learn units
 - ✓ 3 mind-body workouts
 - ✓ 2 guided flows
 - ✓ 2 routine videos
- ✓ Join groups
- ✓ Rank up on leaderboards

[SIGN UP](#)

RECOMMENDED

GROW

Build your flow

\$30/m

In 12 installments or \$325

- ✓ Full access to the Flow 255™ GROW toolbox
 - ✓ All mental tests
 - ✓ 15+ learn units
 - ✓ 15+ mind-body workouts
 - ✓ 15+ guided flows
 - ✓ 15+ routine videos
- ✓ New content every month
- ✓ Select podcasts & webinars

[SIGN UP](#)

(*) You can give your players a discount!

VALUE AS AN AFFILIATE

WE DO THE HEAVY LIFTING, YOU AND YOUR PLAYERS BENEFIT

CONVENIENT

SILVER

Affiliate

No requirements, no obligations, just discounted services for your members. You get a small commission as well.

- ✓ Staff webinar
- ✓ Information kit & affiliate links
- ✓ Monthly newsletter snippets
- ✓ 5% discount for your members
- ✓ 5% commission on sales

[SIGN UP](#)

VALUE

GOLD

Affiliate

Commit to 10+ start-up licenses at a special 20% discount. Receive the main perks and high commissions.

- ✓ Staff webinar
- ✓ Information kit & affiliate links
- ✓ Monthly newsletter snippets
- ✓ **10%** discount for your members
- ✓ **10%** commission on sales
- ✓ Free online coaching program
- ✓ Affiliate mention on our site
- ✓ Branded group in platform
- ✓ Monthly webinar for users

[INQUIRE](#)

STANDOUT

PLATINUM

Affiliate

Commit to 10+ start-up licenses at a special 20% discount and have at least one certified coach. Receive full perks.

- ✓ Staff webinar
- ✓ Information kit & affiliate links
- ✓ Monthly newsletter snippets
- ✓ **10%** discount for your members
- ✓ **10%** commission on sales
- ✓ Free online coaching program
- ✓ Affiliate mention on website
- ✓ Branded group in platform
- ✓ Monthly webinar for users
- ✓ **Certified organization** on our site
- ✓ Preferred workshop partner

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