



The Future of Flow Training Is Here!

FOR UNIVERSITIES



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.

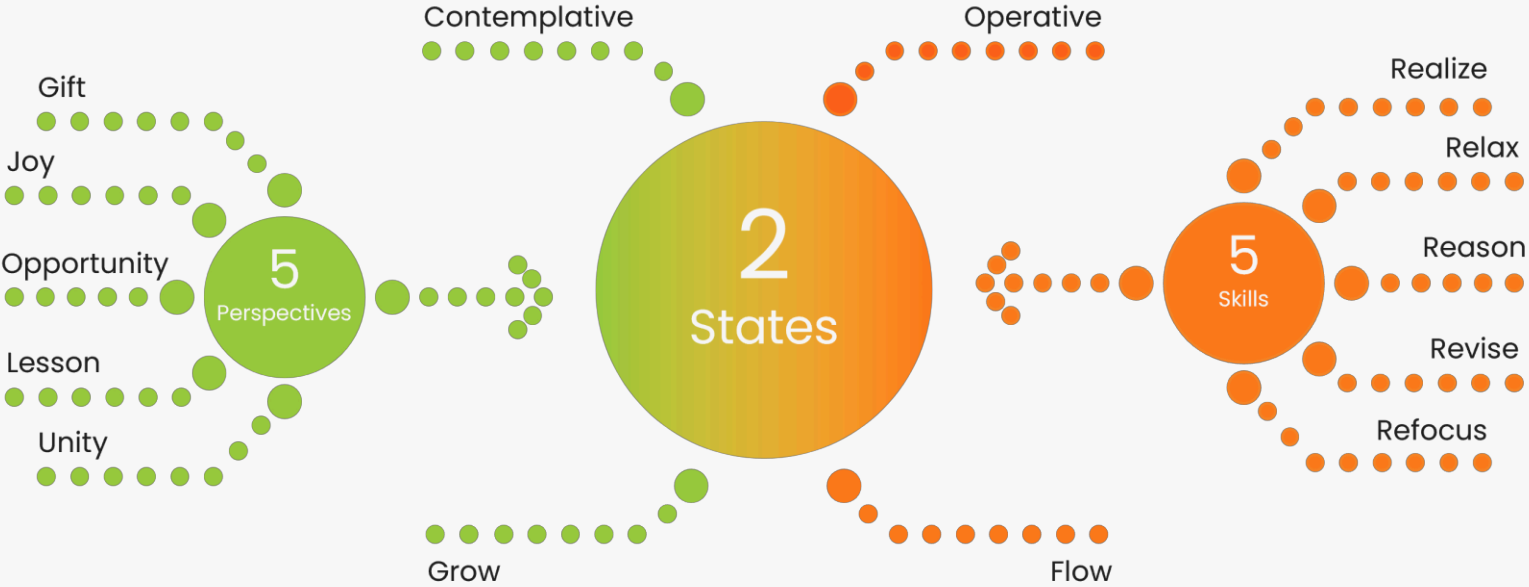
SO, WHO TRAINS?

- **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

COMING ON BOARD IS EASY

TEAM ACCESS IS JUST A MATTER OF REDEEMING A TEAM CODE

1 SIGN UP

Use the
team
code

2 EXPLORE

3 CONNECT

4 GROW

GROW AS A TEAM

GROW

Build your flow

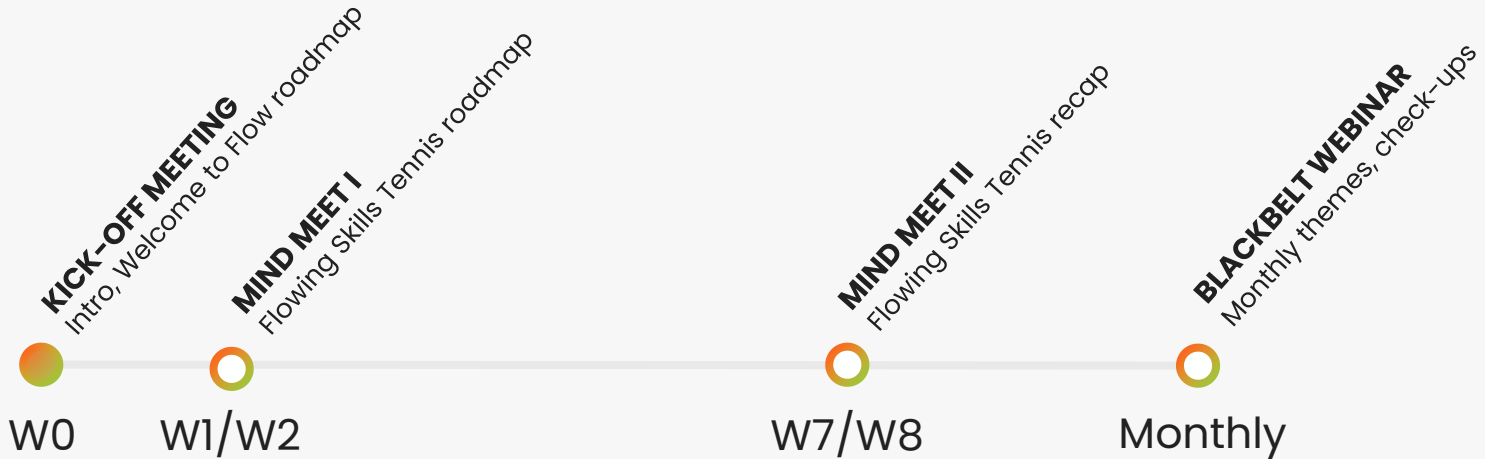
A special code from your coach

- ✓ Full access to the Flow 255™ GROW toolbox
 - ✓ 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's group
- ✓ Rank up on leaderboards
- ✓ New content every month
- ✓ Select podcasts & webinars

SIGN UP

NEXT UP: THE TOOLS AND THE ROADMAPS

THE FLOW 255™ TOOLBOX: METHOD, PLATFORM, ROADMAP



WELCOME TO FLOW ROADMAP - WEEK 1 OF 1		2MYNDS UNLEASH YOUR FLOW						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
ASSESS		PLAN [icon]						
		TEST & TRACK [icon]						
ACQUIRE	LEARN [icon]		LEARN [icon]		LEARN [icon]		LEARN [icon]	
		TRAIN [icon]		TRAIN [icon]				
APPLY			TRANSFER [icon]		TRANSFER [icon]		TRANSFER [icon]	
			INTERACT [icon]		INTERACT [icon]			

NOTE: This roadmap uses a schedule that gives the best results for most of us. If you can, stick to it. (and we will help you with that). We suggest that you don't go faster than this schedule, but if you need to take it a bit more slowly, feel free to do so - just make sure you remember enough of the previous steps to make use of it in the next steps!

FLOWING SKILLS ROADMAP - WEEK 6 OF 6		2MYNDS UNLEASH YOUR FLOW						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
ASSESS		PLAN [icon]						
		TEST & TRACK [icon]						
ACQUIRE	LEARN [icon]		LEARN [icon]		LEARN [icon]		LEARN [icon]	
		TRAIN [icon]		TRAIN [icon]				
APPLY			TRANSFER [icon]		TRANSFER [icon]		TRANSFER [icon]	
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