



The Future of Flow Training Is Here!

FOR UNIVERSITIES



**2MYNDS**  
UNLEASH YOUR **MIND**



# DO YOU HAVE **A TEAM WITH POTENTIAL?**

AND DO YOU RECOGNIZE THIS WHEN THEY COMPETE?



Trouble handling nerves when it matters



Bad decisions when the pressure mounts



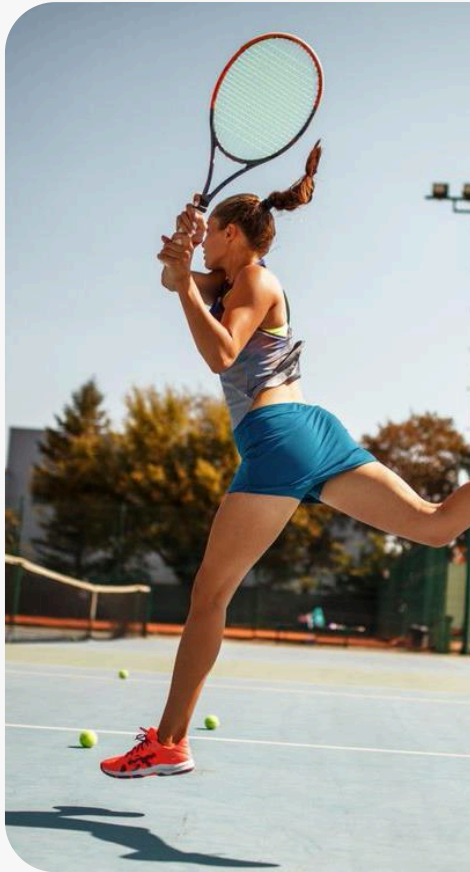
Negativity when things are not going their way



Performing better in practice than in competition

# WELL, LET'S MAKE A CHANGE!

LET YOUR TEAM TRAIN THEIR MIND LIKE THEY TRAIN THEIR BODY



## MENTAL FITNESS THAT CHANGES YOUR GAME!

Many athletes know exactly what to do, but presence and performance still suffer under pressure. An important part of the problem is that the core mental skills were never trained methodically under pressure. This is where 2Mynds comes in and where our online Flow 255™ toolbox shines!

**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.



# 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.

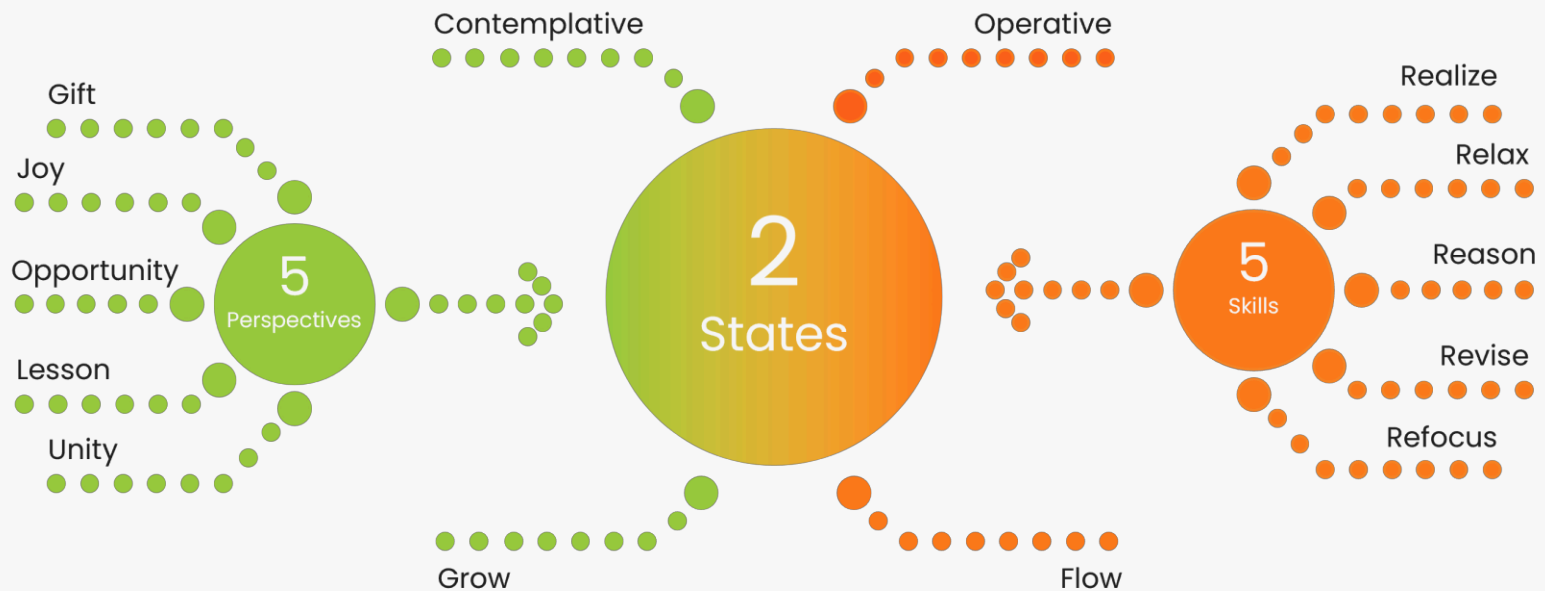
## SO, WHO TRAINS?

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

Answer: nobody!

# FLOW 255™ – OUR METHOD

TWO MINDS CONTROLLED BY FIVE SKILLS AND FIVE PERSPECTIVES



# FLOW 255™ – OUR DEVELOPMENT TOOL

A SELF-GUIDED MENTAL FITNESS TOOLBOX FOR EVERYONE

## ASSESS

TEST



TRACK



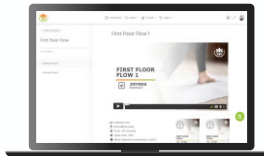
See how mental fitness develops over time in multiple domains with tests and analytics.

## ACQUIRE

LEARN



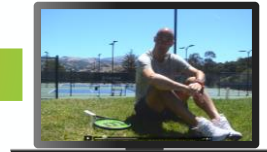
TRAIN



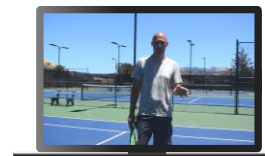
Innovative learning combined with guided (video and audio) mind-body flow workouts.

## 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

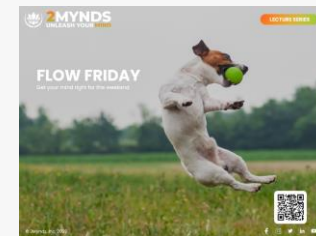
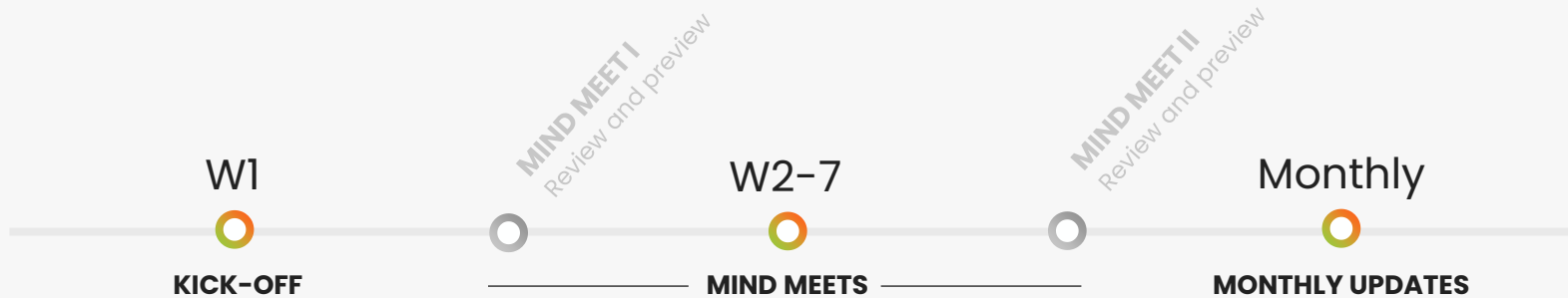
- ✓ Full access to the Flow 255™ GROW toolbox
  - ✓ All mental tests
  - ✓ 15+ learn units
  - ✓ 15+ mind-body workouts
  - ✓ 15+ guided flows
  - ✓ 15+ routine videos
- ✓ Roadmaps for the entire year and more
- ✓ Work together in your team's group
- ✓ Rank up on leaderboards
- ✓ New content every month
- ✓ Select podcasts & webinars

SIGN UP



## INTERESTED?

WE HAVE ALREADY DONE THE HEAVY LIFTING FOR YOU!



Meanwhile we guide  
your players to impact





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