



myndoor

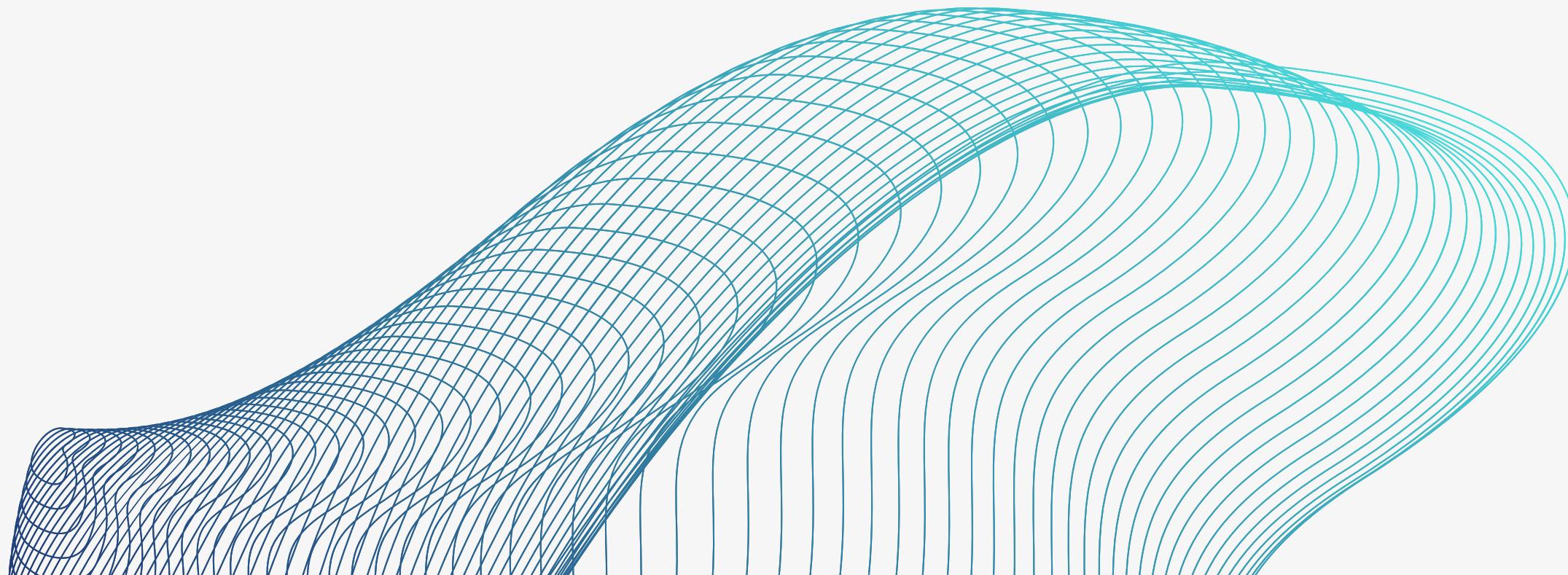
LOWER TURNOVER, HAPPIER TEAM.

www.myndoor.it



Why Myndoor

Francesco, an ex-**military pilot**,
disappointed with the existing methods for assessing psychological well-being to **prevent incidents**, he established Myndoor wellbeing hub.



2000\$ LOST

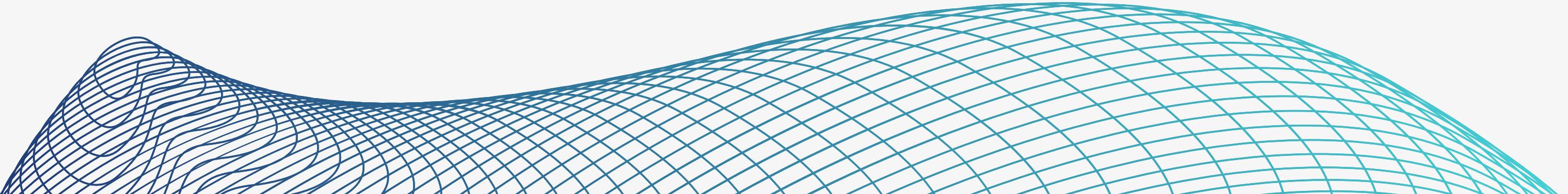
per employee each year

**due to
STRESS**

Reduce turnover & stress costs with

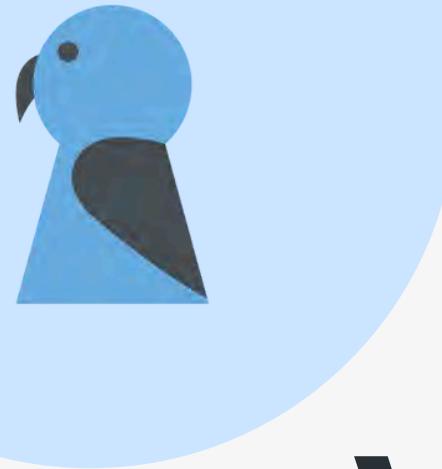


myndoor



WELLBEING
CUSTOM
PLATFORM

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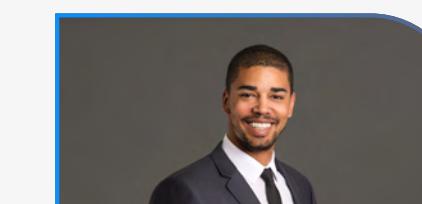
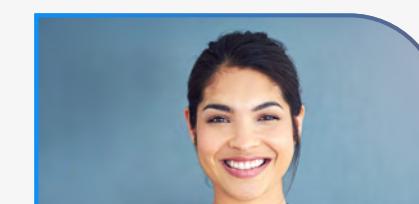


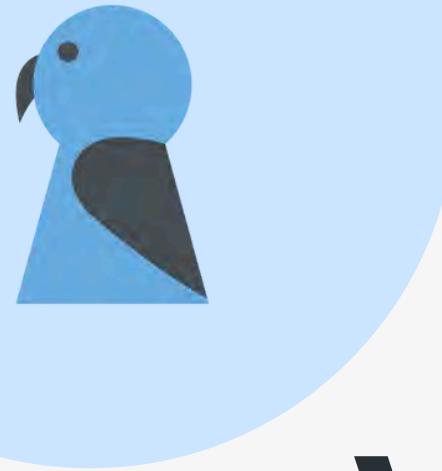
Wellbeing Platform

Our **WELLBEING HUB** platform, where employees can connect with professionals

<https://myndoor.support/>

The screenshot shows the homepage of the myndoor Wellbeing Platform. At the top, there is a navigation bar with the myndoor logo, a 'FOR CORPORATES' button, 'COACHING', 'PSYCHOLOGICAL SUPPORT', 'Support', 'Who we are', and 'LOGIN' and 'REGISTER' buttons. Below the navigation bar is a large, modern office interior featuring several people in professional attire. A blue call-to-action button on the left says 'Become a Professional' and another on the right says 'Find a Professional'. A blue overlay on the right side of the image contains the text 'Book sessions with certified professionals' and 'Find out how we can enhance your career and your team.' At the bottom, a blue bar says 'Services recommended this week'.



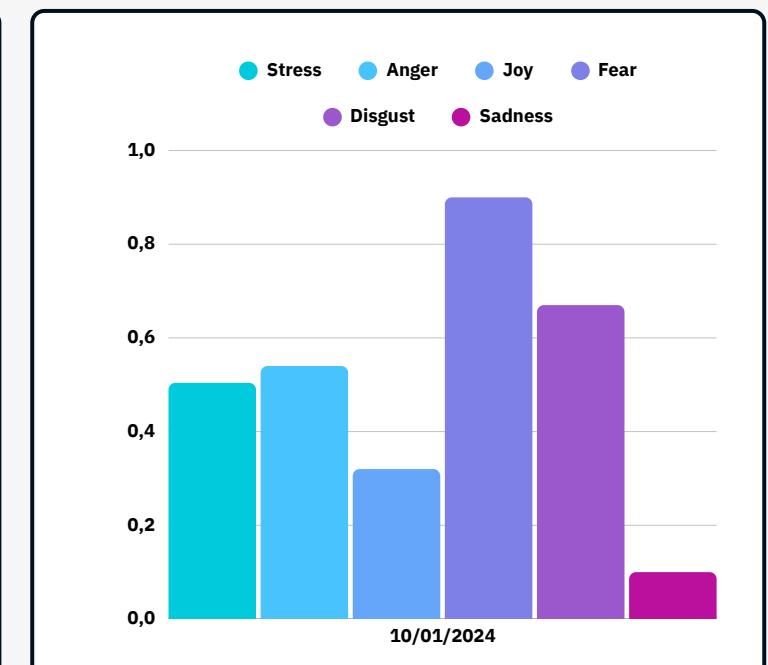
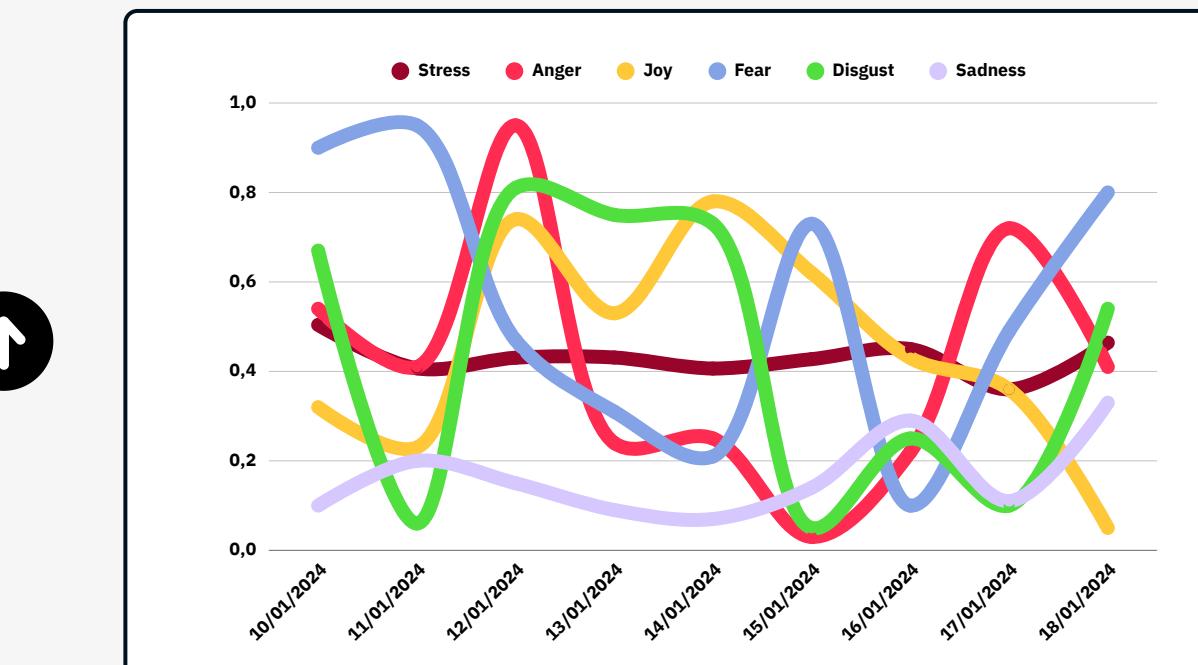


Wellbeing Platform

It allows people to monitor their own levels of well-being through:

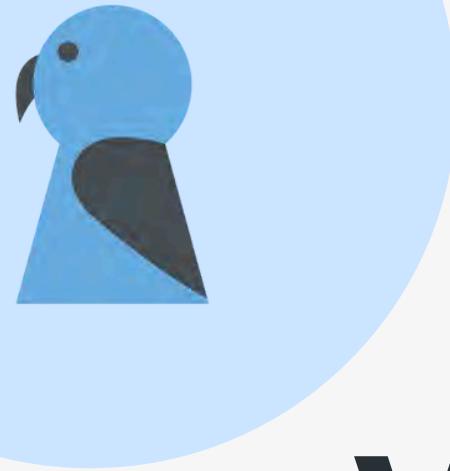
Personal Diary

Write how you feel today....



Trend

Current level



Wellbeing Platform

It allows people to monitor their own levels of well-being through:

Customized exercises

MOUNTAIN MEDITATION

- Find a comfortable position**
sitting or lying down. Begin by focusing on your breath. Breathe slowly and deeply, directing attention to the movement of breath in the body.
- Visualize a majestic mountain**
see its snow-covered peak, stable slopes, and a solid base rooted in the earth. The mountain is unmoving and undisturbed, regardless of the weather or conditions. Connect with the stability of the mountain. Feel that your spine is like the peak of the mountain, and your base is rooted in the earth.
- Become aware of your inner strength and stability**
As you continue to breathe deeply, observe thoughts and emotions arising like clouds around your "mountain."
- Keep your awareness**
centered on the feeling of stability and calm, just like the mountain. Be present in the current moment, embracing the tranquility and strength emanating from your "inner mountain."

When you feel ready, gradually bring your awareness back to your breath and the surrounding environment, and open your eyes slowly.



FIVE SENSES AWARENESS



0	Take a break from your ongoing activities, if possible, stand up; otherwise, sit comfortably. Close your eyes if you feel comfortable doing so. Focus on your senses.
1	Sight With your eyes open or closed, take a moment to notice what you can see around you. Describe the colors, shapes, and objects in your field of vision.
2	Hearing Listen carefully to the sounds in your environment . Identify and recognize each sound, whether it's the hum of appliances, the chirping of birds, or distant voices.
3	Touch Pay attention to the sensations in your body. Feel the texture of your clothes against your skin , the temperature of the air around you, and any pressure or tension in your muscles.
4	Taste Notice any lingering tastes or sensations in your mouth . You might notice the flavor of something you recently ate or drank.
5	Smell Take a deep breath and notice any smells in the air. Whether it's the aroma of food, the scent of nature, or other smells, acknowledge them.

While engaging your senses, avoid judging or analyzing what you perceive. Simply observe and acknowledge each sensation. Now you will likely feel more grounded and less focused on the source of stress or anxiety. Open your eyes and continue with your day, carrying with you this sense of grounded awareness.

DID YOU KNOW

The Impact of Nutrition

Diet plays a significant role in stress management. You can help yourself by consuming foods that influence the production of serotonin and dopamine (such as **high-protein foods**, simple sugars, and fiber-rich fruits and vegetables) while also **limiting your intake of coffee, alcohol, and refined sugars**.



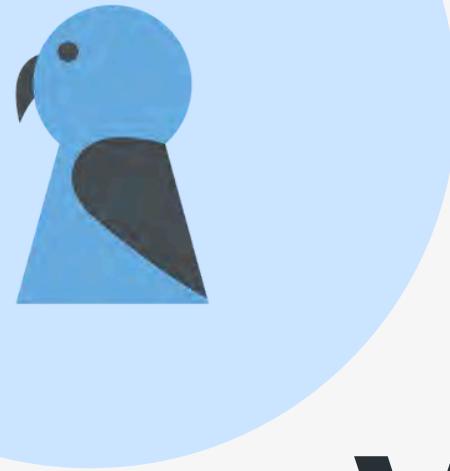


Wellbeing Platform

It allows people to monitor their own levels of well-being through:

Coaching and Psychological Support Sessions



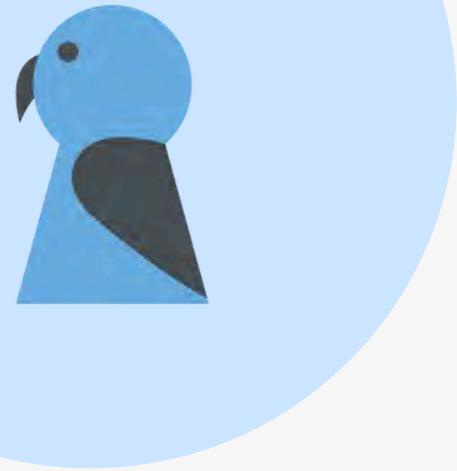


Wellbeing Platform

Schedule your meeting
with our professionals

Professional	Book a session
Veronica Caragnini	Book a session
Carola Fabbro	Book a session
Lorenza Malo	Book a session
Alina Petrova	Book a session
Federico Valeri	Book a session
giola picchianti	Book a session

Professional	Book a session
Floriana Firenze	Book a session
Elisa Paradisi	Book a session
Valeria Riccio	Book a session
Barbara Stellini	Book a session



Use your chatbot and
interact
with our **AI Coach**

Myndoors coach

How are you feeling today?

Write something here

Welcome back, Letizia Muttoni

Profile management

Package Code: ooSRMI71

Available sessions: 5

Calendar

today < > April 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

ESG report

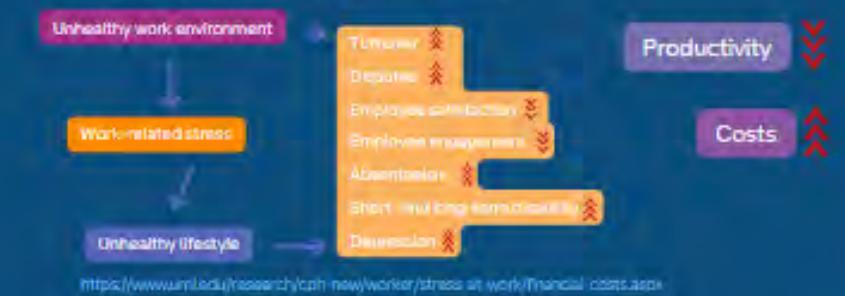
- Less costs for the company
- **Automatic reports for Sustainability Impact**
- Decrease in stress



Why is corporate wellbeing important?

40% of employee turnover is due to stress.
Health care costs are nearly 50% higher for workers who report high levels of stress.
Replacing an average employee costs 120-200% of the affected position's salary.

Failure to do so incurs the following costs:



Matrix report research from 2013 shows that for every Euro spent stress prevention and management programs, there is an average return of about 13.6 Euros.

The average cost per employee due to stress is approximately 2,600 Euros per year, based on the U.S. market. <http://substitutioncosts.com>

With Myndoor you have potentially saved up to:

28832€



onboarding included

AWARENESS

Webinars

We organize awareness webinars to help employees understand the importance of stress management

learn how to
breath





g WELFARE

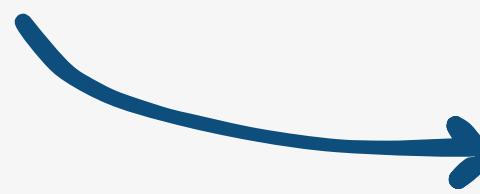
Myndoor Platform Application Cases



Myndoor New

Myndoor, con il supporto attivo e il monitoraggio passivo, aiuta a migliorare il tuo benessere.

[Vai al servizio](#)



Scrivi una breve frase sul tuo stato d'animo.

[Analizza il tuo sentimento!](#)

Esercizio
Interrompi per un momento ciò che stai facendo, se...

[Leggi ...](#)

Appuntamento Psicologo
Parla con uno specialista nel giorno e nell'ora che preferisci.

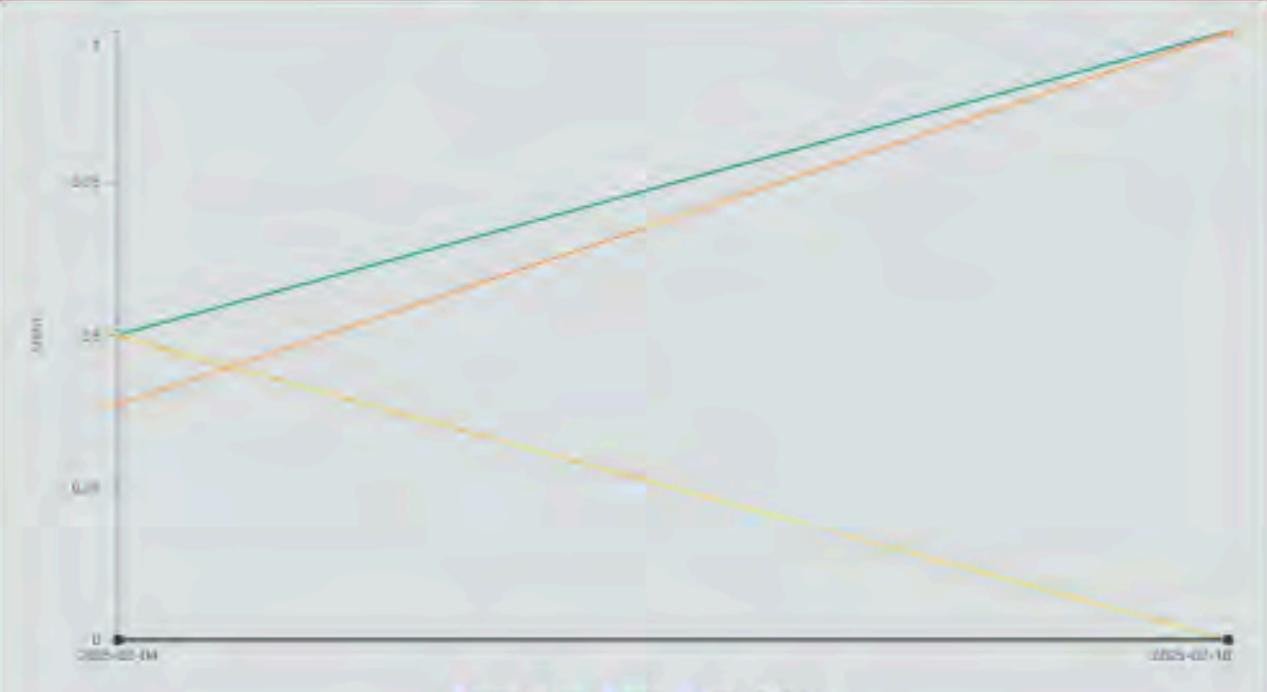
Questa sigla indica che lo specialista ha il calendario aggiorntato.

[Prenota](#)

Appuntamento Coach
Parla con uno specialista nel giorno e nell'ora che preferisci.

Questa sigla indica che lo specialista ha il calendario aggiorntato.

[Prenota](#)



Il tuo stato emotivo attuale
Qui compari: un'analisi in tempo reale del tuo stato emotivo in base a quanto scritto sul tuo stato d'animo.

Interazioni **198**

Picchi di stress **1**

A B O U T U S

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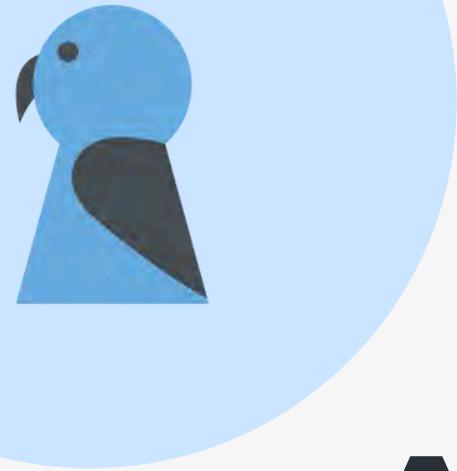
Privacy Protection

We ensure anonymity

Myndoor operates with data management processes in which data is completely anonymized.



We strictly adhere to **EU Regulation 679/2016**, which indicates that the information cannot refer to an identified or identifiable person, or to personal data that is completely anonymous, preventing and not allowing in any way the identification of the user.



AI Model



Based on flags and biometric indicators

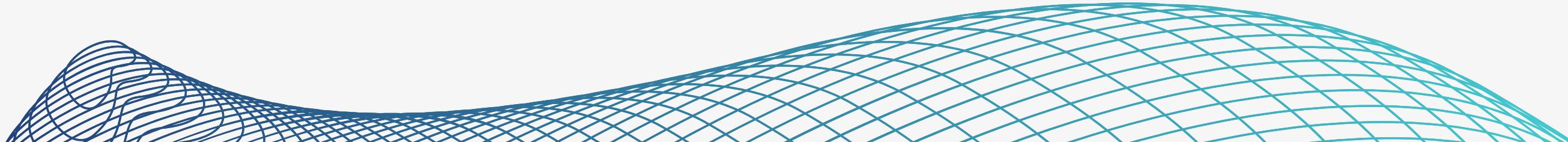
**Auto-improves his high accuracy
without using company data**

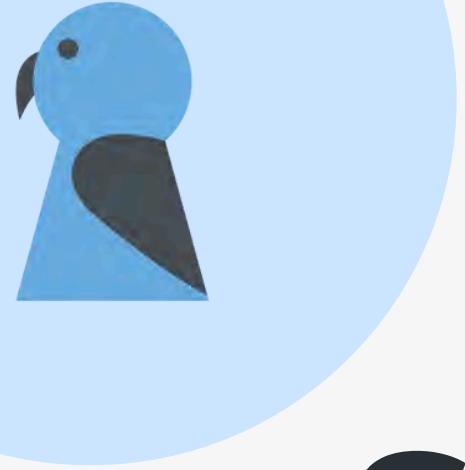
Proprietary AI model with +7
years of semantic data
collection

Benefits

- Saving up to \$2,000 per employee per year
- Identifying and **alleviating stress** up to 80% faster
- Contribution to the **Company Sustainability Report**
- Patented AI **+7 years** of data collection

Chosen by over  50 companies





Soon available

IoT & Wearable
integration, to help
workers on the field



COACHING

PSYCHOLOGICAL SUPPORT

Support

Who we are

LOGIN

Deloitte.

g WELFARE

Rai Radio 1

millionaire

La Provincia

L'Espresso

la Repubblica

UP2 stars



ASTROLABS



**THE oAI
SUMMIT
LONDON**



cdp The logo for cdp, featuring the letters "cdp" in a dark blue serif font followed by a small Italian flag icon.

InnoVits
we make innovation for passion

INTESA **SANPAOLO**

SANPAOLO

Microsoft
for Startups

