



LOWER TURNOVER, HAPPIER TEAM.

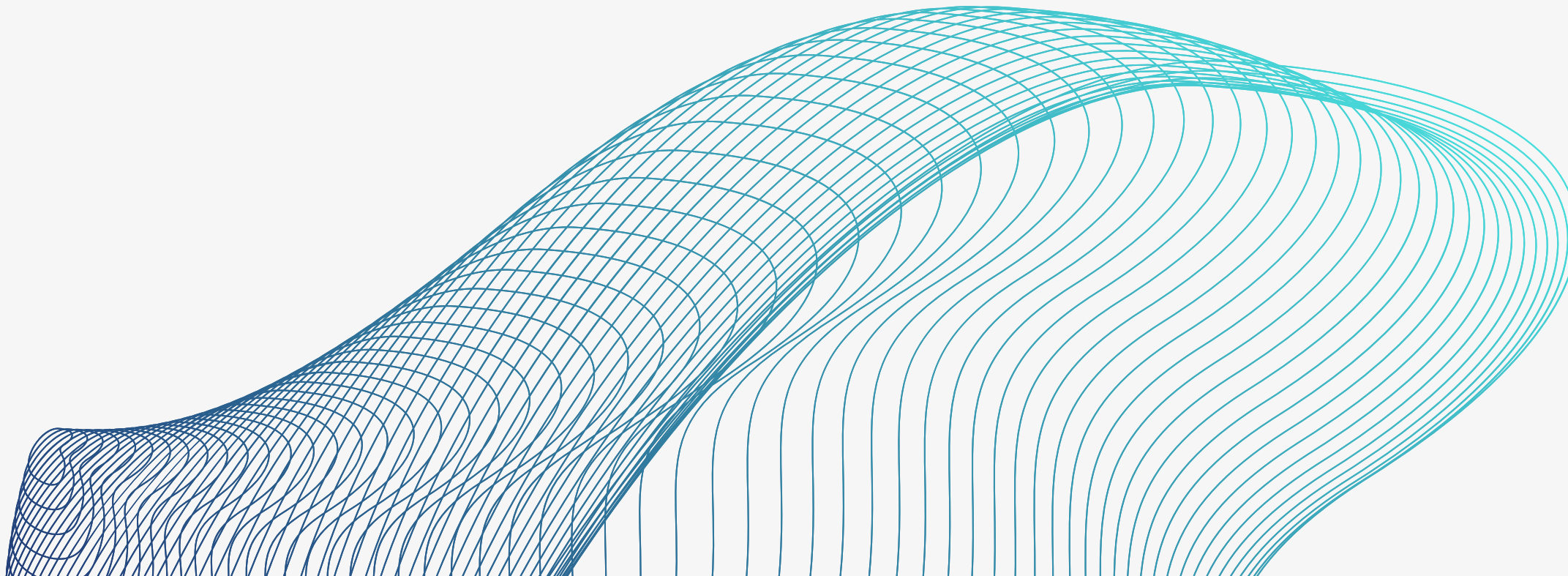
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[www.myndoor.it](http://www.myndoor.it)



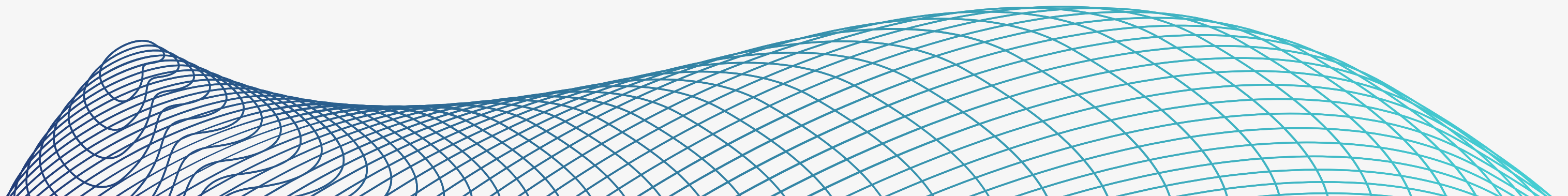
# Why Myndoor

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



WELLBEING  
CUSTOM  
PLATFORM

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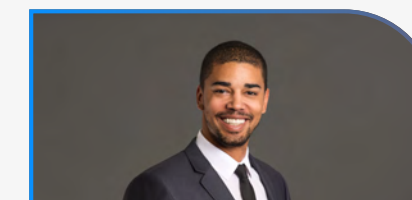
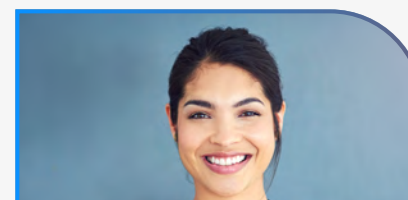
# Wellbeing Platform

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

<https://myndoor.support/>

The screenshot shows the myndoor website. At the top is a blue navigation bar with the myndoor logo, a 'FOR CORPORATES' button, and links for COACHING, PSYCHOLOGICAL SUPPORT, Support, and Who we are. There are also LOGIN and REGISTER buttons. The main content area features a large image of two groups of professionals in an office setting. Overlaid on this image are three call-to-action buttons: 'Book sessions with certified professionals' (with a subtext 'Find out how we can enhance your career and your team.'), 'Become a Professional', and 'Find a Professional'.

Services recommended this week



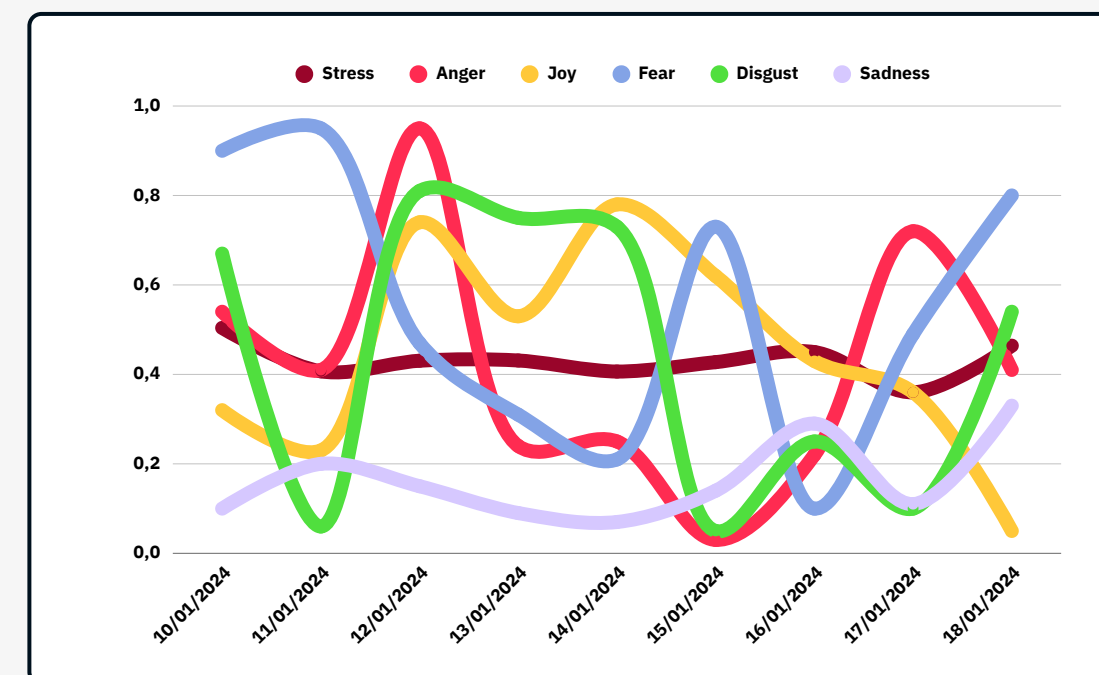


# Wellbeing Platform

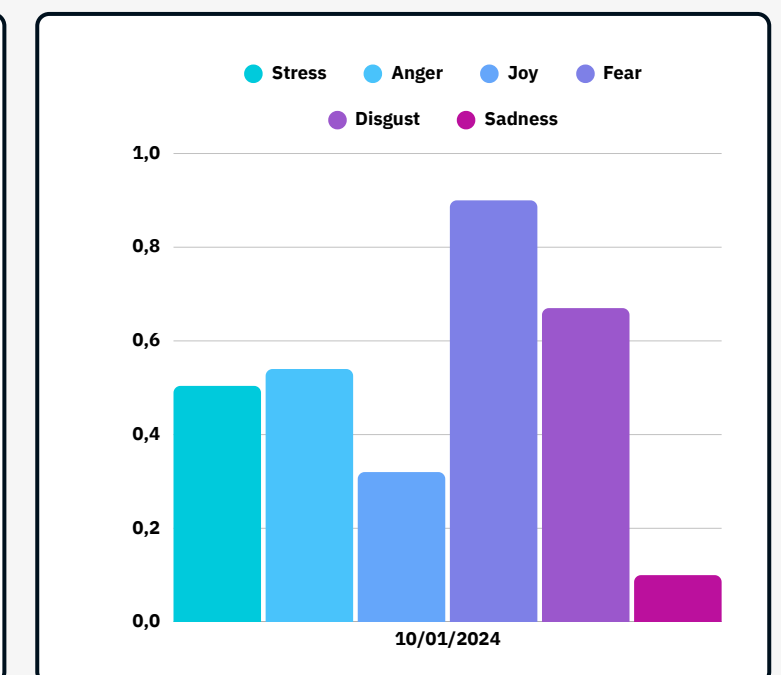
It allows people to monitor their own levels of well-being through:

## 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

- 1 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.
- 2 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.
- 3 Become aware of your inner strength and stability**  
As you continue to breathe deeply, observe thoughts and emotions arising like clouds around your "mountain."
- 4 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.

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### 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.

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### 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.**

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# Wellbeing Platform

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

## Coaching and Psychological Support Sessions

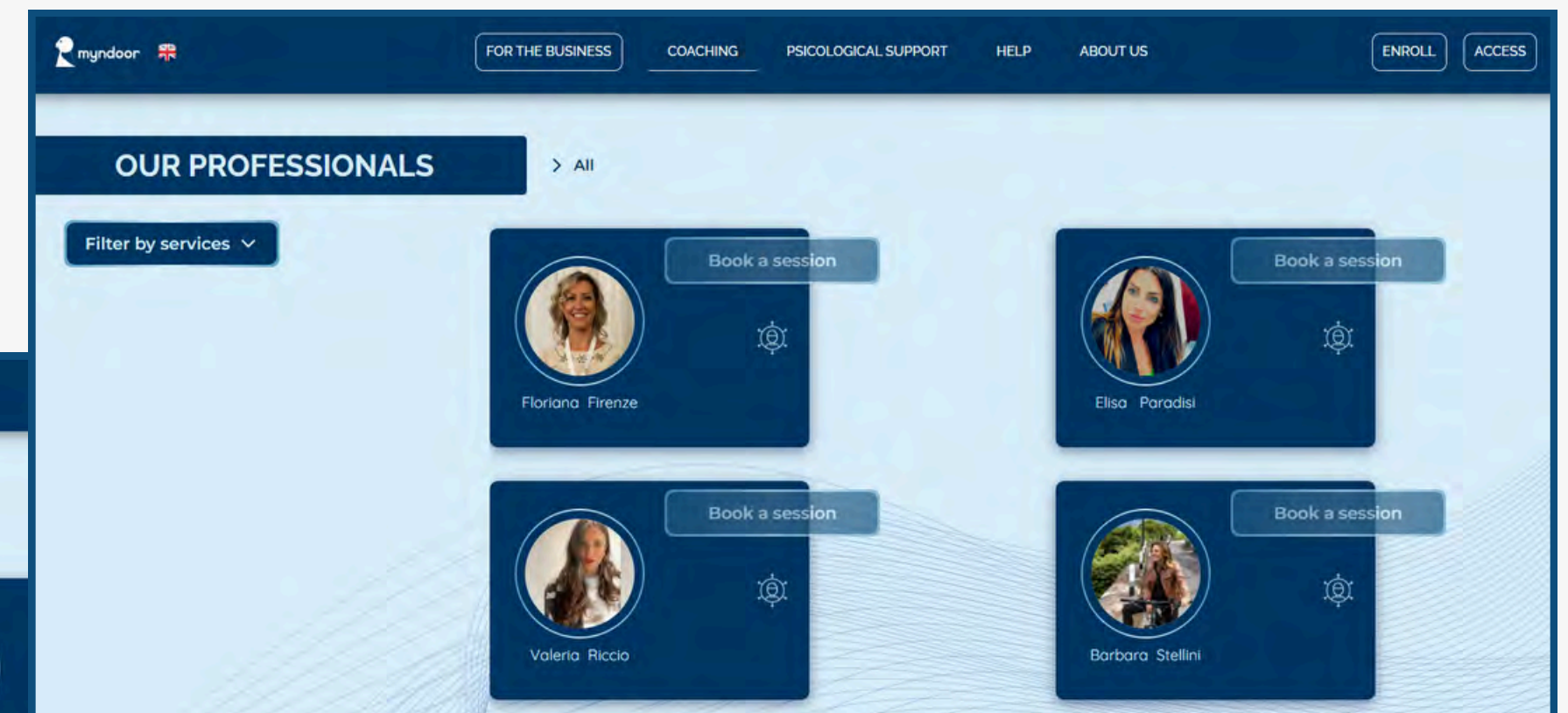
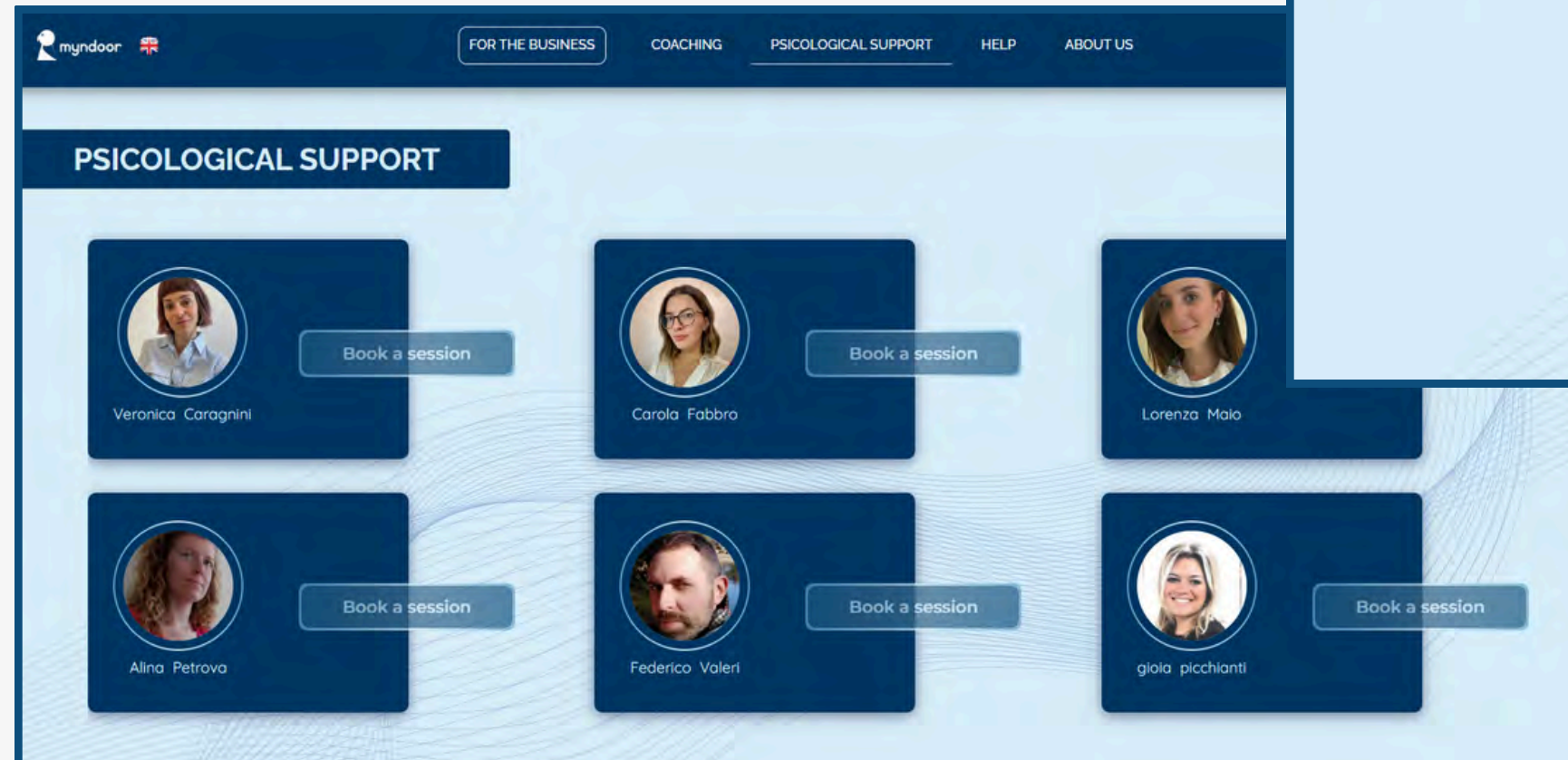






# Wellbeing Platform

Schedule your meeting  
with our professionals





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

Myndoor 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





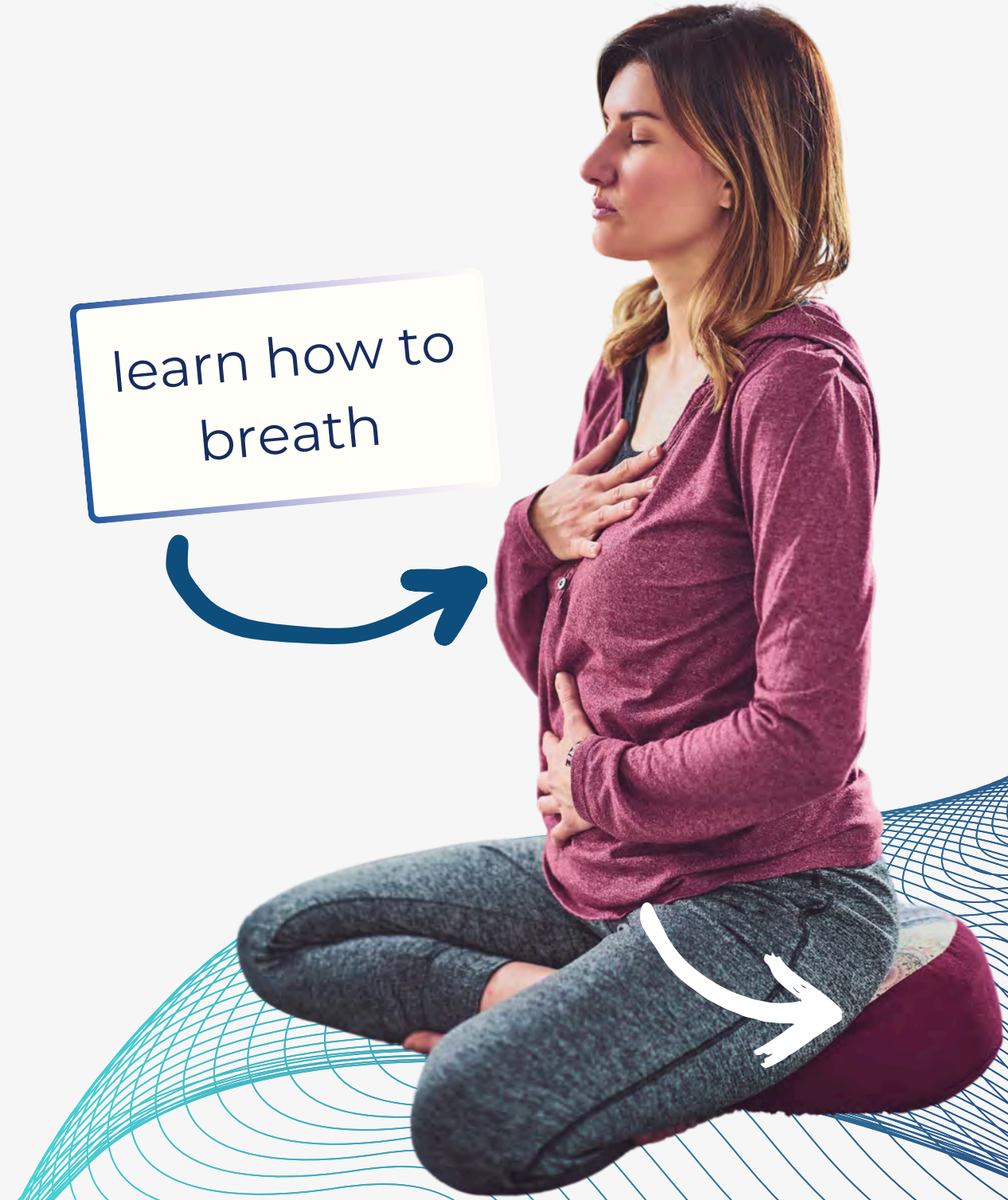
onboarding included

# AWARENESS Webinars

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

learn how to  
breath







## Myndoor Platform Application Cases

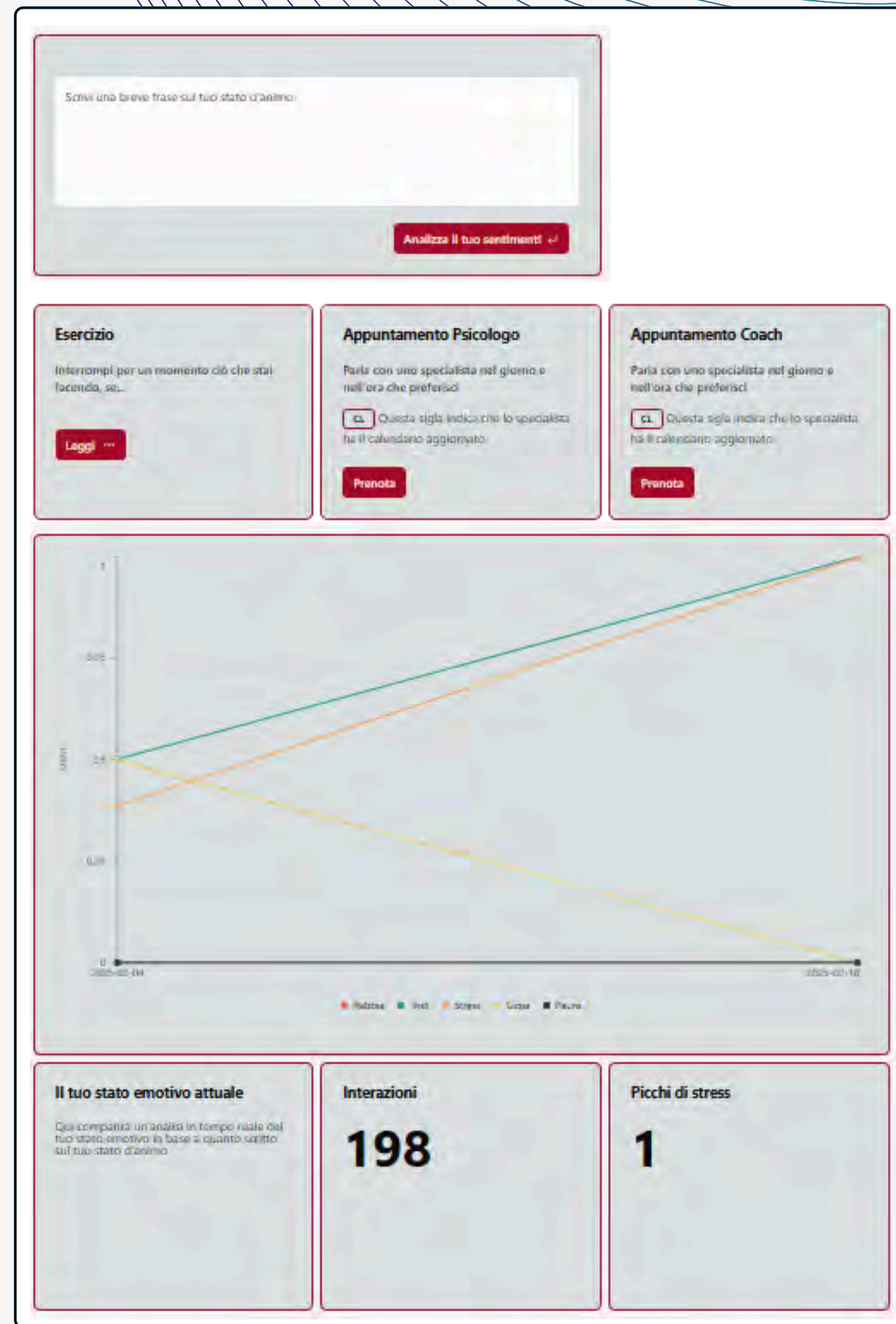
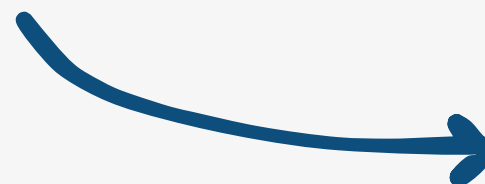


### Myndoor

New

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

Vai al servizio



# ABOUT US

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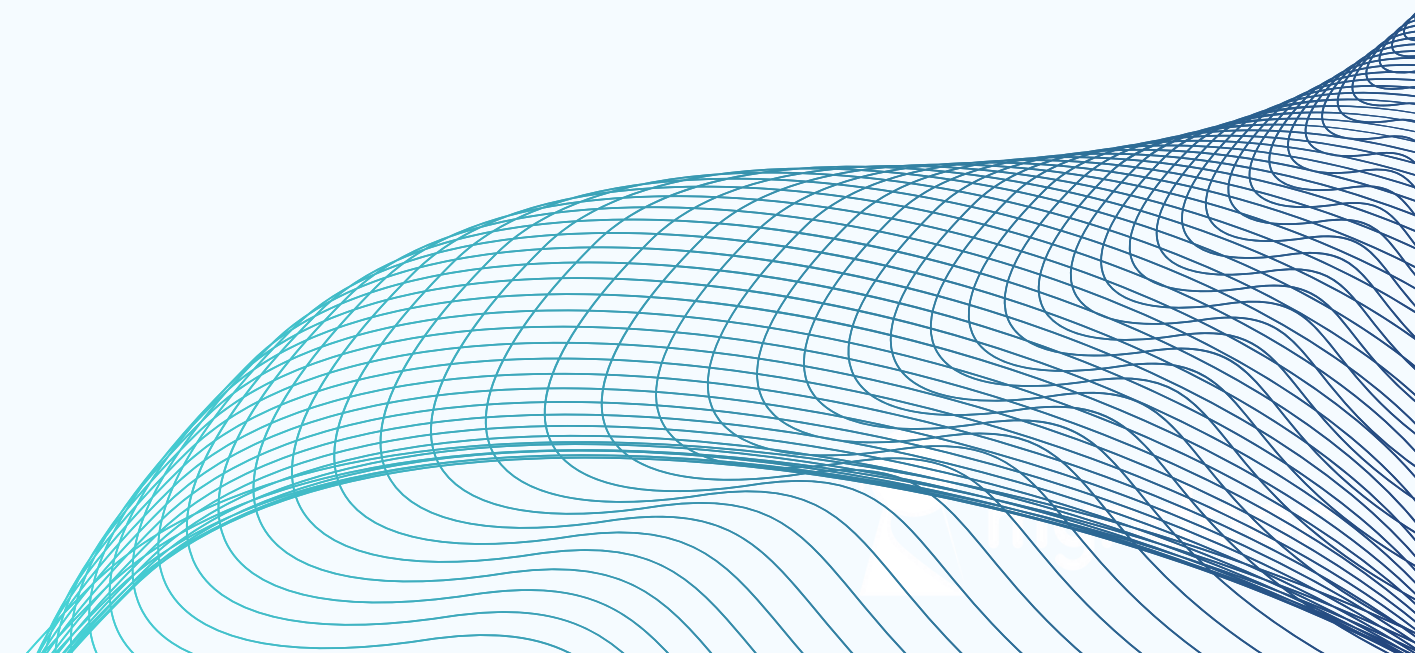
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# Privacy Protection

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**

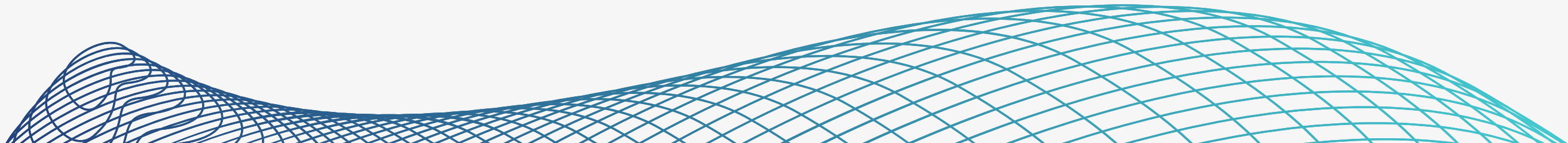
**Proprietary AI model with +7  
years of semantic data  
collection**



# 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

ReActor

FINLOMBARDA

CTE  
ROMA

Mind the Bridge

ASTROLABS

LAZIO  
INNOVA

myndoor

ROMA CAPITALE

TEDx UNICATT

THE AI  
SUMMIT  
LONDON

cdp

InnoVits  
we make innovation for passion

INTESA SANPAOLO

RADIO  
105  
NETWORK



Microsoft  
for Startups



myndoor.it