

DATA

Data from this report has been completed from 147 coaching treatment processes in a specific period in 2018.

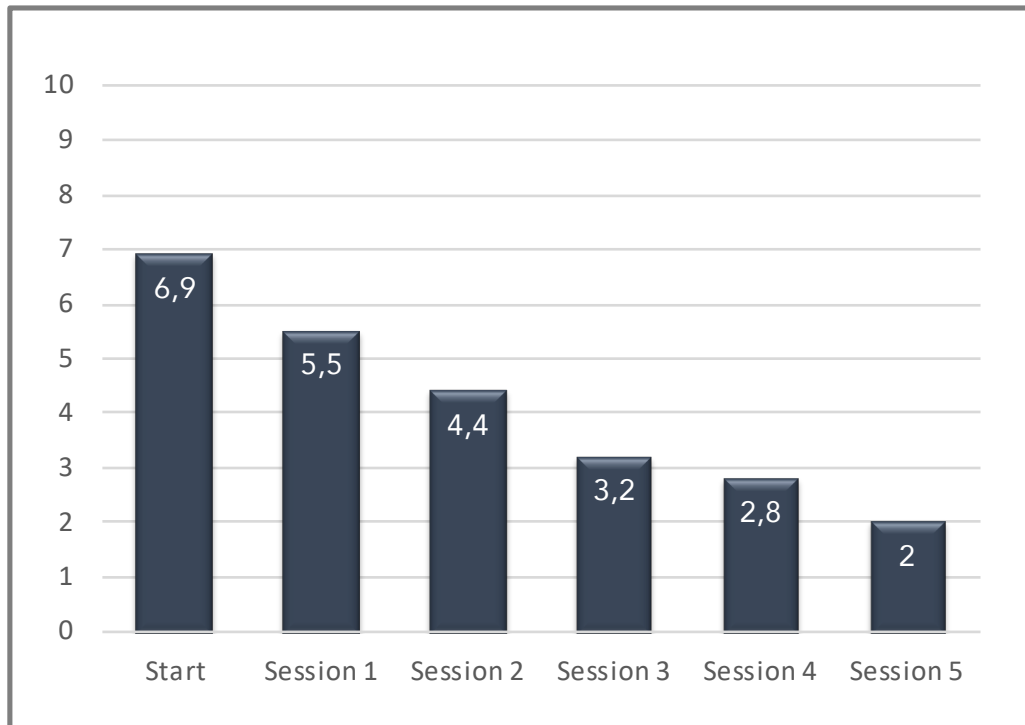
The treatment is handled by certified MINDstrain Coaches. The effect of the treatment is continuously registered in our app, where we can document the effect.

The clients who have been through a coaching proces come from different danish companies.

In addition to data, we have received testimonials from several of those who have been in treatment. A couple of these are shown anonymously on pages 5.

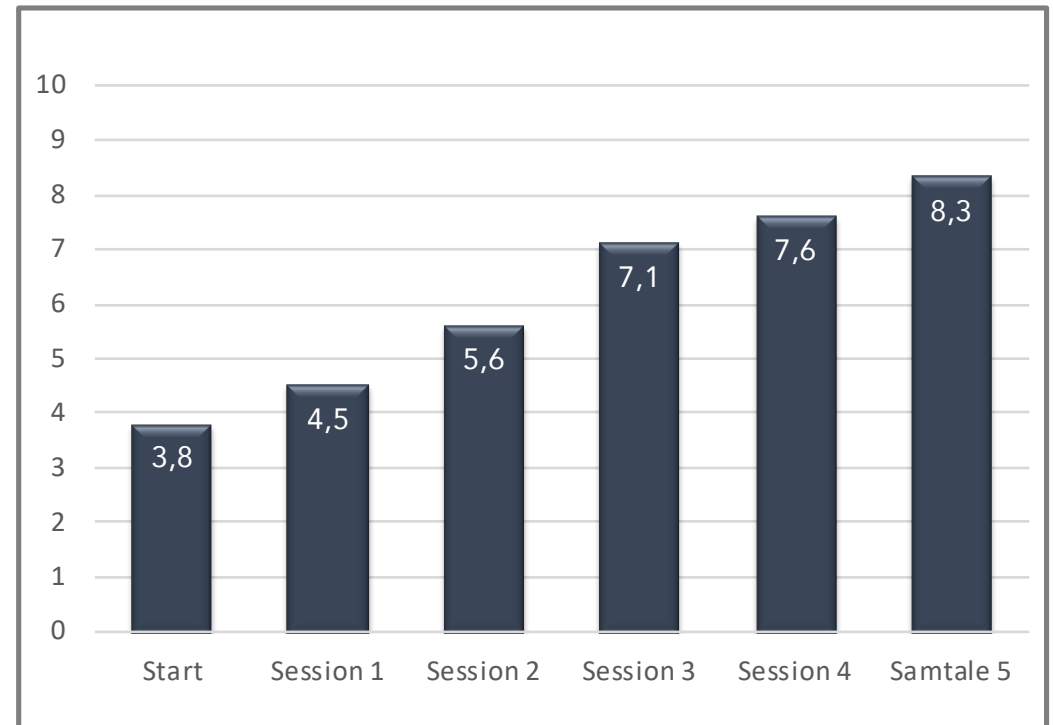
On a scale from 0 - 10
how stressed do you feel?

0 : I'M TOTALLY RELAXED 10 : I'M TOTALLY STRESSED OUT



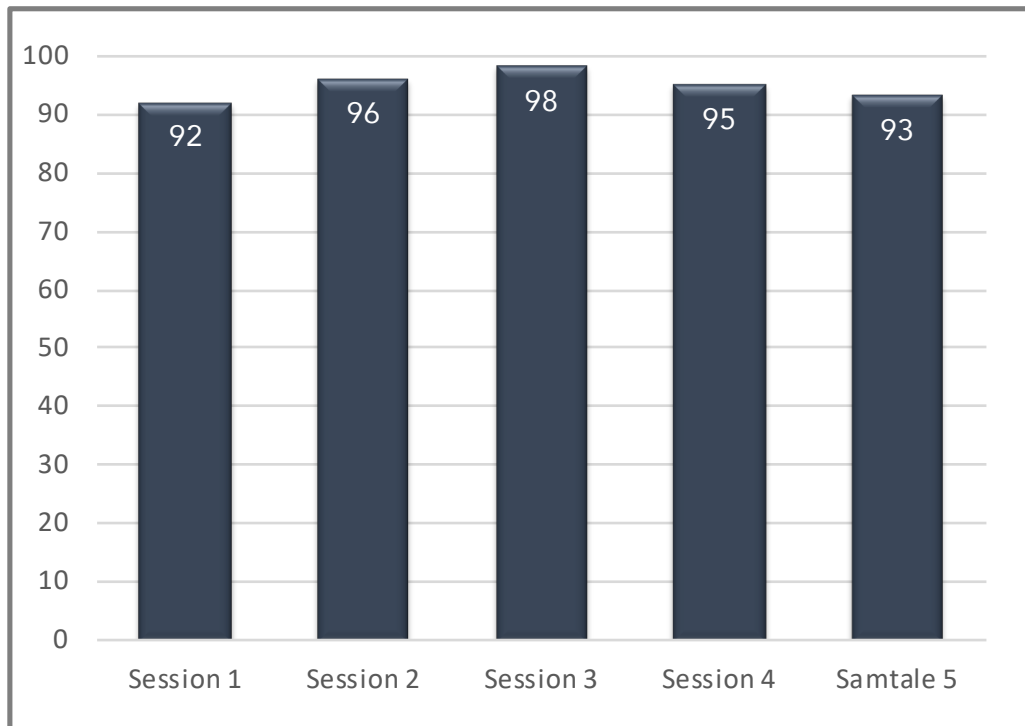
On a scale from 0 – 10
How much are you in control?

0 : I HAVE NO CONTROL 10 : I'M COMPLETELY IN CONTROL



Did you get tools that helps you to control your attention?

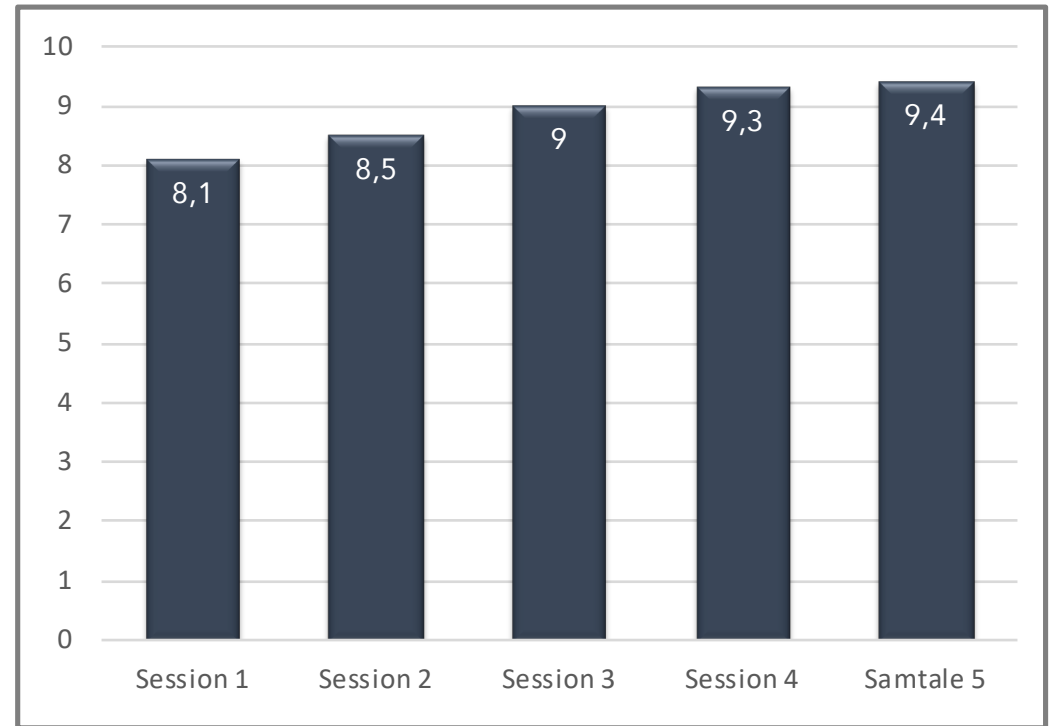
YES/NO: THE RESULTS SHOWS THE ONES WHO ANSWERED "YES"



On a scale from 0 – 10
How valuable has the session with the MINDstrain coach been?

0 : NOT VALUABLE AT ALL

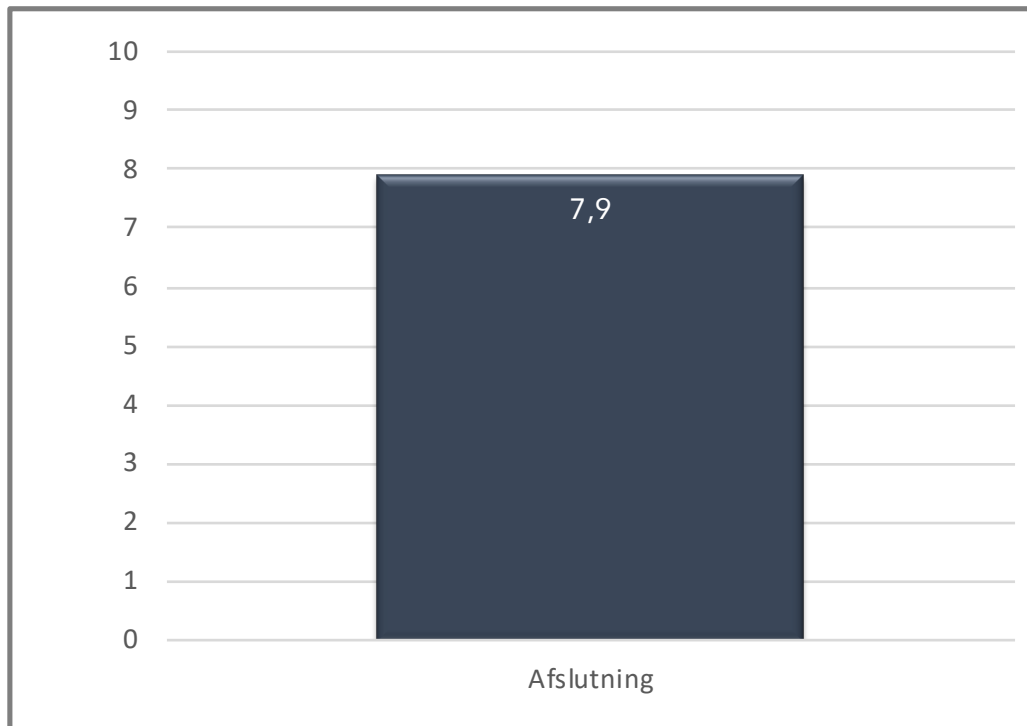
10 : VERY VALUABLE



On a scale from 0 – 10
how certain are you, that you in the future will be able
to be in control if you experience stress again?

0 : I HAVE NO CONTROL

10 : I'M COMPLETELY IN CONTROL



TESTEMONIALS

KIRSTEN

I have been in MINDStrain treatment. I have tried many different types of treatment over time (including psychologist and cognitive therapy) but gaining insight into MINDstrain's techniques has been something of an eye-opener.

For me, MINDstrain has been a simple, fast and effective way to control my thoughts. The simple tools like the "tumble dryer" and "chair" I use regularly during the day when thoughts and worries emerge. I quickly get the problem solved or parked it in the chair without letting it fill. Here after 3 weeks I am still very aware of the techniques in MINDstrain and it is a super good tool in a hectic everyday life.

I was told in advance that 5 sessions were "enough" - and I was a little sceptical. Also because in previous treatment I was through 10-12 session. I have to admit that getting some simple concrete tools, not having to "drill" in "why", has been wonderful. In previous treatments I have not had the feeling of moving me as far as I did on the MINDstrain session - despite the fact that the other courses were with 10-12 conversations.

THOMAS

I was initially very sceptical of this method, when I thought it seemed superficial that stress could be dealt with in just 5 session.

Having gone through the treatment, I have to say that it has been very rewarding. And I have to say that 5 session have been enough. In fact, I don't think I needed more after the 4th session. I would recommend this method to others who get stress.



CONCLUSION

- The stress level falls markedly through the processes
- The control increases markedly through the processes
- The clients experience to get tools that help them control their attention
- The vast majority experience the conversations as being valuable. The fact that the conversations are perceived as being more and more valuable as the process progresses is probably due to the fact that the clients find that the method works when they use the tools over time
- The vast majority of people have, after completing the treatment, a conviction that in the future they will be in control if they again experience stress
- The method works regardless of whether the clients have initial stress symptoms or whether they experience high levels of stress when they are referred to the treatment
- There are no referrals who have needed more than 5 session before they have assessed themselves as stress free.

