

PD PROGRAM

NeuroFit

NEUROFIT.CO.NZ

CLEAR THE MENTAL MESS

Everything we do, we do to equip! We do not create co-dependency, but instead, provide service that produces real results. We believe every person has the ability to be great and our mission is to remove the barriers that hinder.

Helping people get unstuck from the mental mess is our main focus, with the intention that every person will feel empowered to be exactly who they were made to be.



MENTAL BARRIERS

“symptoms”

PERFECTIONISM FEAR FEAR OF FAILURE
ANXIETY STRESS
SELF DOUBT INTRUSIVE THOUGHTS
DEPRESSION
BURNOUT PANIC ATTACKS
LOUD INNER CRITIC IMPOSTOR SYNDROME
SUICIDAL THOUGHTS
LACK OF SLEEP OVERWHELM
EASILY TRIGGERED
CONSTANT FRUSTRATION

These mental barriers is what impacts our day to day and ability to perform.

The **MENTAL MESS** are all the things beneath these symptoms and gives reason for those symptoms to be present.

In this programme, we focus on physically restructuring the mental mess, so that those symptoms no longer have reason to impact our day to day.

NeuroFit PD PROGRAM

The NeuroFit professional development program is designed to clear the mental mess in order to increase **PERFORMANCE!**
Its perfect for individuals working in high pressure or high performance environments.

This is a 1 on 1 coaching program that creates long term brain change for an individual. It looks to equip an individual with the tools they need so that when they are finished, they are no longer needing us.

**BROKEN DOWN
INTO 3 STAGES**



3 STAGES

1. IDENTIFY

In this stage we look to identify all current mental health barriers that we are aware of. We also look to gain insight to upbringing and future aspirations.

2. CLEAR THE MESS

In this stage the client will go on a journey to discover the root cause of the mental barriers and be equipped to restructure it in their brain. This is the long term brain change process which physically changes toxic thoughts to healthy thoughts.

3. STRATEGIES TO MOVE FORWARD

In this stage we look to provide a personalised strategy for ongoing growth and performance. We equip you with the tools you will need for ongoing brain health.

OUR GOAL:

THAT YOU WILL NO LONGER NEED US WHEN YOU FINISH!

We want to equip you with the right tools and coach you through using those tools, so you are confident to live life to the fullest and know what to do when life throws curve balls



ETHAN BLACKADDER

HIGH PERFORMANCE ATHLETE
TESTIMONIAL

I had a lot of anxiety around memory's from the past. A lot of regret of things I wish hadn't happened, and over the years of bottling it up, not knowing or having any systems to deal with it, it had finally come to my attention that I need some help.

I met with Rico and he explained the process well and that motivated me to dig deep and go searching for the issues that had bogged me down since I was a child.

It was the best money I have personally ever spent as he gave me the tools and knowledge to be able to overcome what I thought was permanent.

After a few weeks of doing the 7 week program consistently I could definitely notice change in myself not just mentally but physically and hadn't felt that good in a long long time,

Rico hasn't just given me the tools to help myself but he really changed my look on life and empowered me to become someone I thought I could never be! I'm most grateful for that, I fully recommend Rico & NeuroFit programme

Thank you Rico & NeuroFit you've changed my life!"



ELIZABETH MURPHY
PHD PSYCHOLOGY STUDENT

I have struggled with my mental health for most of my life without even realizing it.

I had very intense suicide ideation, and I was sleeping around 16 hours a day because depression left me too tired to function.

I took a year off, enrolled in therapy with a clinical psychologist for 3 years and then went on antidepressants for 2 years. All of this was helpful and did get me to a place where I felt stable and able to function but I had no hope that I would enjoy life or be able to live without antidepressants.

My partner recommended that I try NeuroFit with Rico and I am so glad that he did. When I first started NeuroFit I was sceptical and did not think that it would help me anymore than the previous years of therapy had.

Rico was very understanding and said that he would hold my hope for me until I was ready. I think it was around the 4-week mark into the 7-week program where **I stopped being sceptical and was able to believe that I could be happy with who I am and my life.**

The tools that I learned from NeuroFit have enabled me to feel more accomplished and comfortable while completing my PhD, navigate some difficult personal circumstances, and break some really harmful thought patterns.

I am still amazed at how different I feel and how much happier I could be after only 7 weeks.

I am now not taking antidepressants and I am feeling so much more hopeful about my future and my present.



MITCH KING

BUSINESS OWNER TESTIMONIAL

“I was at a crossroad, do I go to my doctor and up my dosage and keep doing it forever, or do I speak to someone.

I decided to reach out to Rico to book a meeting to discuss my dilemma, I wasn't sure how it would go as I hadn't been victim to any significant events in my life that I was aware of, however I went with it. On the first meeting I discussed my situation and Rico was soon onto the root cause of what was going on and we decided to jump straight into a 7 week NeuroFit course.

The course was amazing and I learnt and dealt with a whole lot of previous life events that I didn't think were an issue, however with the tools that the program got me to implement all made sense as I started moving through the course.

After completing the course I have come off all medication and live a life with close to zero anxiety and I now have the tools to deal with certain things when they pop up.

I highly recommend Neurofit as it is 100% a life changer”

NeuroFit PD PROGRAM

DURATION

7 Sessions

Coaching sessions: 1 hour

INVESTMENT

\$3200 + GST

QUESTIONS

Contact: rico@neurofit.co.nz