

**NeuroFit**

EQUIPPING WORKPLACES  
WITH TOOLS TO INCREASE  
OVERALL WELLBEING

**LUNCH AND  
LEARN SERIES ..**

“NeuroFit delivered a session across both **Crusaders and Canterbury Rugby**. I’ve lost count of how many staff have provided feedback to me about how valuable the session was. NeuroFit spoke our language; the session was **practical, informative, to the point yet life changing.**”

Sarah Munro  
People & Culture  
Crusaders

A SERIES OF  
QUICK HITTER  
PRESENTATIONS +  
Q&A

**4 presentations delivered across 4 weeks.**

These presentations are science based, engaging and designed to equip your people with practical tools to increase their overall wellbeing!

Each one builds on each other and is designed to take your people beyond awareness. We equip your workplace to become mentally and emotionally resilient.

LUNCH AND  
LEARN SERIES..

**NeuroFit**

**4 FOR 5K**

~~**\$1800**~~ **\$1250**  
**PER SESSION**

Our one off presentations + Q&A normally start at \$1800 each, but with our series we are offering 4 for 5k + GST

**YOUR  
DEAL..**

**NeuroFit**

YOUR

TOPICS...

**NeuroFit**

# DETOX A BAD DAY

- UNDERSTANDING WHATS IN YOUR HEAD
- VOID BUILDING LONG TERM TOXIC MEMORY
- THE IMPACT THIS HAS ON MENTAL AND EMOTIONAL WELLBEING
- PRACTICAL TOOL TO DETOX A BAD DAY

# SESSION

# ONE..

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# AVOIDING BURNOUT & MENTAL FATIGUE

- THE PATHWAY TO BURNOUT
- 3 STAGES OF STRESS & HOW THIS CAUSES DISTRESS
- EMOTIONAL MANAGEMENT
- ENERGY MANAGEMENT

# SESSION

# TWO..

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**CHOOSE A  
SPECIFIC TOPIC  
FOR YOUR  
PEOPLE**



**SESSION  
THREE..**

**BREAK THE COMPARISON  
TRAP**

**OVERCOME THE BURDEN  
OF GUILT**

**BUILDING LONG LASTING  
CONNECTIONS**

**DEFEAT SELF DOUBT**

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# WINNING THROUGH ADVERSITY

- GOAL ORIENTATED VS GROWTH ORIENTATED
- USING ADVERSITY AS THE INCUBATOR FOR GROWTH
- GROWTH DETERMINES WHAT YOUR CHARACTER CAN HANDLE
- KEY TO WINNING THROUGH SEASONS OF GROWTH

# SESSION

# FOUR..

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EQUIPPING YOUR  
PEOPLE TO CLEAR  
THE MENTAL MESS  
**NeuroFit**



EQUIP YOUR  
WORKPLACE

GET IN TOUCH TODAY FOR  
NeuroFit TO IMPACT YOUR  
WORKPLACE

EMAIL: [RICO@NEUROFIT.CO.NZ](mailto:RICO@NEUROFIT.CO.NZ)

NEXT  
STEPS..

**NeuroFit**