

# NeuroFit

# PD Programme

Say goodbye to the mental mess and  
become mentally and emotionally fit

**NeuroFit**



# A personal 1:1 programme that achieves long term results

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.





# The Mental Mess

Constant frustration  
Anxiety  
Lacking purpose  
Depression  
Insomnia  
Perfectionism  
Guilt  
Panic attacks  
Fear of the future  
Self judgement  
Shame  
Fear of failure  
Burnout  
Overwhelm  
Intrusive thoughts  
Loneliness  
Over analysing  
Stress  
Easily triggered  
Imposter syndrome  
People pleasing

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 take a dailies in focus on the mess and physically restructuring it.

We equip you with the tools to do your own brain renovation once we get down to the root cause of those symptoms.

# The NeuroFit PD Programme

The NeuroFit professional development programme is like no other. It incorporates insights and approaches from multiple psychological methods used today, such as psychodynamic theory, psychoanalytic theory, ACT, CBT, narrative therapy, and more. Additionally, the programme involves mentoring strategies, advisory services, and coaching.

It achieves long-term brain changes that lead to long-term behavioural changes, significantly increasing your emotional health and intelligence.

It's perfect for individuals working in high pressure or high performance environments.

Broken down  
into 3 stages



# Stage One

In this stage we look to identify all puzzle pieces that could be impacting your mental and emotional wellbeing. This includes current symptoms, environment, upbringing and future goals.

## Stage Two

In this stage we coach you through a series of tools and equip you to clear the mess. You not only discover the root cause of the mental barriers but are equipped to restructure it from toxic to healthy. This is the long term brain change process which physically changes toxic thoughts to healthy thoughts.

## Stage Three

In this stage we strategise to move forward in life. We equip you with tools that is specifically for mental fitness, tools that build optimism, contentment and how to process bad days to name a few. We also get detailed on helping you discover purpose, vision and clarity. Once the mess is gone, we equip you to run.

# 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

# Stories



# ETHAN BLACKADDER

HIGH PERFORMANCE ATHLETE

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 STRUDENT

I have struggled with my mental health for most of my life without even realising 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

DIRECTOR

“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”**

# The NeuroFit PD PROGRAMME

## Duration

7 Sessions

Coaching sessions: 1 hour

## Investment

\$3400

## Questions

Contact: [rico@neurofit.co.nz](mailto:rico@neurofit.co.nz)