

Clear The Mental Mess

This programme equips you with tools to clear the mental mess. An individual programme facilitated in a cohort setting.

WE GET RESULTS BY CREATING LONG TERM BRAIN CHANGE!



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.

Clear the mental mess programme

This programme puts a focus on equipping you with the tools you need to do your own brain renovation!

You brain houses thoughts (mental realestate) and we all know that when it comes to real estate, there can be some pretty shocking neighbourhoods. We know we can often feel stuck with what's in our heads but that is so far from the truth. Your brain is always changing and we want to show you how to take advantage of that!

In this course we will provide you with the tools to get to the root cause of your mental mess and do your own brain renovation

**THE COURSE IS
BROKEN DOWN
INTO
3 STAGES**



STAGE 1: IDENTIFY

In this stage, you are taken through a process to discover for yourself your own mental barriers. You also jump into future planning and discovering who you want to be as a person without those mental barriers

STAGE 2: CLEAR THE MESS

In this stage you will go on a journey to discover the root cause of those mental barriers and be equipped with a process to change your brain for the long term. This is the brain renovation process which physically changes toxic thoughts to healthy thoughts.

STAGE 3: MOVE FORWARD

In this stage we get clear on discovering purpose now that the mess is cleared. You begin to get strategic with on going growth and performance. We equip you with the tools you will need for ongoing brain health.

MENTAL BARRIERS

CONSTANT FEAR

IMPOSTER SYNDROME

CONSTANT FRUSTRATION

INTRUSIVE THOUGHTS

PERFECTIONISM

STRESS

PANIC ATTACKS

DEPRESSION

BURNOUT

LACK OF SLEEP

ANXIETY

OVERWHELM

FEAR OF FAILURE

SELF DOUBT

EASILY TRIGGERED

THE MENTAL MESS

IS WHAT CREATES THESE MENTAL
BARRIERS, YOU WILL GAIN TOOLS
TO REWIRE THE MESS



Testimonial



Greg Burgoyne
Business owner &
consultant

I was feeling really stuck and had been trying to change with books, conversations and journaling but not feeling like I was having the depth of change I needed. It was all at a knowledge level but without breakthrough.

Rico helped me to diagnose where I was stuck and then work together to reframe, and rewire things in my mind and body to get free from what was causing me to 'loop' and spin my wheels.

He goes to the place of the real problem and helps change it there. Rico's approach is nothing like anything I've done before and if you're feeling stuck and considering it, I would highly recommend working with him.

Testimonial



Mitch King
Managing 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”

Testimonial



Tina Nicol
Business owner

Over several years I have been one of those people that have tried so many methods and strategies to get myself in a good space. They worked for a period of time and gave me some good tools to help clear the chatter in my head etc.

However with the NeuroFit program, Rico actually helped me recognise that I had been carrying things through my entire life that was heavily impacting my day to day. It was incredible to finally recognise why I was doing the things I was. All from a few harsh words that had been said to me as a child shaped the rest of my life until now.

The NeuroFit program has really changed how I view myself and what I want for the rest of my life.

One of the best things that has come out of this for me is SLEEP.

I have struggled to sleep for a very long time, or to just have a good sleep in general but since doing NeuroFit, my sleep has been amazing.

Rico I am truly lucky to have met you and I sing your praises to everyone, I would love to put my family through this program.

Thank you so much and I can honestly say I now know that I am worthy

DURATION:

8 Sessions

TIME

COMMITMENT

1 Hour session each week

INVESTMENT:

\$1200 incl gst per person

QUESTIONS:

rico@neurofit.co.nz