

**A DECADE IN
12 MONTHS**

**WORK WITH RICO 1:1 FOR 12
MONTHS AND ACHIEVE A DECADE'S
WORTH OF GROWTH AND RESULTS
IN JUST ONE YEAR!**

NeuroFit

A PERSONAL 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 allows us to then focus on winning the internal game.



OUR

APPROACH.

IDENTIFY & TACKLE ROOT CAUSES

We don't mess around with symptom management, but identify the mental mess and get to digging to the root causes straight away.

EQUIP WITH TOOLS

We equip you with practical strategies and tools to do long term brain change and overcome barriers that prevent growth.

ENSURING LASTING CHANGE

Our goal is your independent success, cultivating growth without creating co dependency.

HOW DO WE DO THIS?

12 MONTHS BROKEN DOWN INTO

4 QUARTERS.

Q1

CLEAR THE MENTAL MESS

In this quarter 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.

We then 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.

Q2

Once the mess is cleared we can now turn our focus to the future with anticipation instead of just trying to escape daily mess.

We walk you through a process to discover purpose for yourself, creating a vision that serves the purpose and setting practical goals that line up with your purpose and vision.

Clarity is priceless and in this stage we get crystal clear on your direction and why.

PURPOSE

VISION

GOALS

Q3

In this quarter we shift from all the internal work and begin to look externally to the things that you value most in life. We assess all dynamics of relationships and family. We take a deep dive into your daily calendar and routines to help you gain greater perspective of your time investment.

We help you move from trying to achieve balance to life a life of priority and making those priorities align with what you value most.

PRIORITY ALIGNMENT

Q4

SOLIDIFY GROWTH

In this quarter we are focused solidifying your growth over the past 1 months. We take you through a comprehensive review of your progress, celebrating wins and identifying key learnings. We refine your strategies that have worked well for you and look to improve them for continued success. We also develop a robust plan to maintain momentum beyond the programme

WHAT MAKES THIS PROGRAMME DIFFERENT

With our no BS approach we cut through the fluff and focus on what truly matters, saving you time and energy. We take a detailed look with an holistic view so that multiple areas in life improve after the mental mess is cleared. Because we are wanting to achieve long lasting results every session is done with intention and planned out for the individual so that you leave empowered and equipped!



OUR STORIES.

EMMA SECKOLD

I didn't want to see a councillor as I didn't want to get dependent and revisit my life challenges indefinitely, hence why I did self guided CBT in the first place, but Rico was this perfect balance of actively listening, not letting me waffle on for too long, just enough to identify the core issues and actually put steps in place that create lasting changes without the dependency.

Fast forward to now, I don't have any sort of anxiety, I feel confident in sharing my views because deep down I value them. The Neurofit programme has made me a ten fold better leader, I welcome confrontation and vulnerability and can see how beneficial it's been for my team as well.

GINNY ORANGE

Neurofit has been a life-changing experience for me. After enduring a manipulative and traumatic relationship, years of intense “fear of failure” (professionally), and battling severe anxiety and depression, I found myself in a cycle of self-doubt and stagnation. My biggest hurdle has always been fear of failure, which constantly held me back. Neurofit helped me break free from this mental trap and start living with confidence and clarity again.

Today, I'm in the healthiest and most supportive relationship of my life, I left my job that held me back from growing and exhausted me – without even having another job lined up, but I trusted myself. This new confidence led to job opportunity that was a massive level up, but I knew I had the skillset to succeed. For the first time in years, I am genuinely happy, living the life I want, managing my anxiety naturally, and recently free from anti-depressants.

None of this would have been possible without Neurofit's guidance.

DEREK LOUGH

After hitting rock bottom for a second time (thinking I was managing the situation well) and the financial. family pressures I was under, it all became too much for me. I was struggling to leave the house and to even meet with people, friends and family included, I felt like I had to completely shut down. I needed to work on “me” before I could think of other important influences, i.e. marriage, kids, financial, work, to name a few, A past client of NeuroFit told me to give them a call and from that initial call I knew this was the help I wanted and was prepared to go through, and importantly give my all too.

The way Rico ran each session and the homework we had to do was challenging, along with, hard hitting and a real eye opener for me, It was hard to discuss and write down all these negatives but after a while it was healing too. Also the way Rico spoke to me and allowed me to talk openly was not only a sense of relief , but therapeutic, throughout all the sessions I had with Rico.

ETHAN BLACKADDER

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 over come what I thought was permanent. 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.

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

NEXT STEPS.

12 MONTH PROGRAMME

INVESTMENT

\$2300 PER MONTH

12 MONTH TERM

CONTACT

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**LOCK IN YOUR SPOT AND
GET A DECADE OF
RESULTS IN 12 MONTHS**