

Better Brains. Better Business.

Brainfit® At Work workshops are science-backed, practical, and designed to equip your team with the cognitive tools they need to thrive. From memory and attention to stress resilience and habit formation, we offer powerful, proven workshops tailored to the modern workplace.

Our Core Workshop & Seminar

Start your Brainfit® At Work journey with one of our two foundational options - an interactive workshop or an engaging seminar - both fast-paced, practical, and backed by neuroscience to empower your team.

Brainfit® vs Burnt Out

Our most popular 2-hour interactive workshop equips your team with practical brain-building tools and a personalised action plan to boost focus, resilience, and productivity at work - while avoiding burnout and mental fatigue.

Cost starts from: \$1400 NZD +GST for up to 30 people.

Memory Boost For Work

A high energy, thought provoking yet practical 1-hour seminar to help staff keep their brains sharp so they can thrive personally & professionally regardless of age - includes a 45-min talk, 15-min Q&A, perfect for a working lunch.

Cost starts from: \$650 NZD +GST for up to 30 people.

Our Follow Up Workshops

These engaging 1- and 2-hour follow-up sessions are designed to maintain momentum, combining practical tools, guided reflection, and actionable strategies that turn insight into lasting change

Crafting Your Edge: *Unleashing the Power of Focus & Attention*

Master the science of attention and discover tools to reduce distractions, enhance productivity, and protect mental energy.

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Dream It, Do It: *Unlocking the Power of Goal Setting*

Transform vision into action with proven goal-setting and mental imagery techniques that motivate and sustain progress.

Unwind to Rewind: *How Relaxation Restores a Sharper Brain*

Explore how stress affects the brain and learn relaxation techniques to restore focus, memory, and calm in today's fast-paced world.

Wired for Success: *Forming New Habits That Stick*

Learn how to build habits that support productivity, energy, and brain health, using evidence-based behaviour change models.

Breaking Barriers: *Overcoming Limiting Beliefs to Ignite Brain Growth*

Identify and reframe limiting beliefs and automatic negative thoughts (ANTs) to unlock personal and team potential.

For full details on the Brainfit At Work Programme and our renowned workshops, visit our website and download the Brainfit At Work e-guide today:



www.brainfit.world

Delivered onsite in person, our sessions are suitable for all industries and levels. We offer flexible delivery options:

- One-off sessions
- Multi-module learning series
- Integrated cognitive health & wellbeing programmes

To book a workshop or discuss a tailored proposal for your team, contact us at:

hello@brainfit.nz

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