

NEUROFIT

Preventing Burnout: A 2024 Guide For Orgs



2024

Support your organization with NEUROFIT Teams

Give your organization high-performance wellness support, and create a shared language that connects your team.

NEUROFIT Teams is a wellness platform that reduces team burnout up to 7x faster.

We offer evidence-based tools and tech that reduce stress fast, and improve creativity, connection, and performance.



The 4 Truths of Burnout

#1: Team burnout is the result of chronic stress.

#2: Burnout hurts team connection + performance.

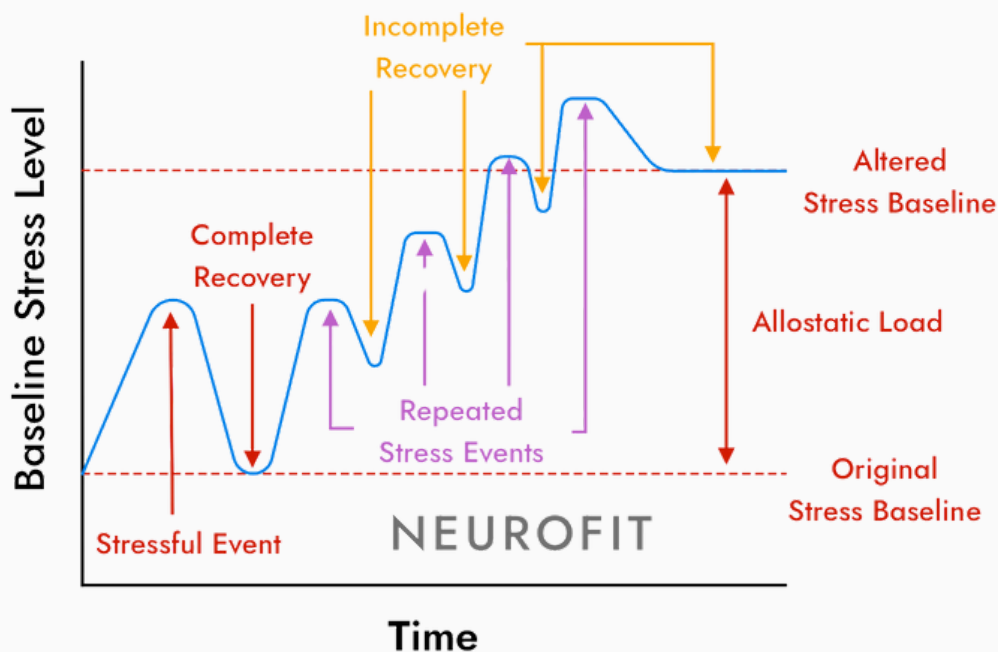
#3: Burnout is resolved in the nervous system.

#4: Everyone's burnout solution is unique.

#1: Team burnout is the result of chronic stress.

Chronic stress builds up in the body, creating physical + mental health issues called “burnout”:

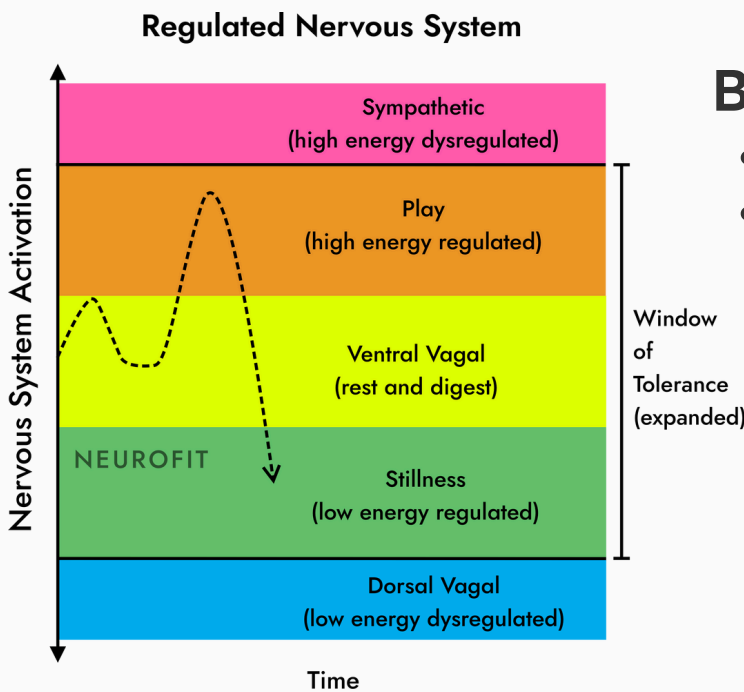
The Buildup of Chronic Stress



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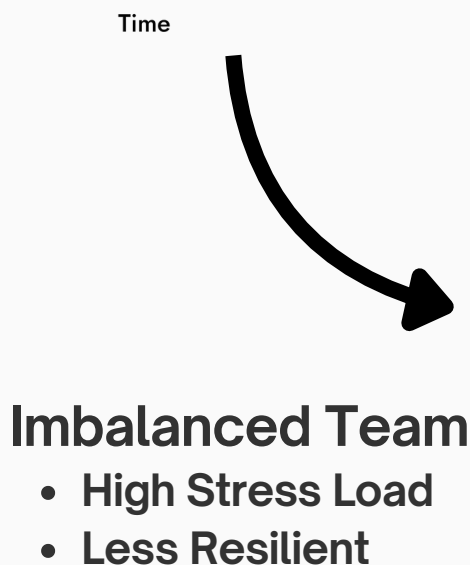
#2: Burnout hurts team connection + performance.

With chronic stress, teams become less resilient + imbalanced at work, and performance suffers.



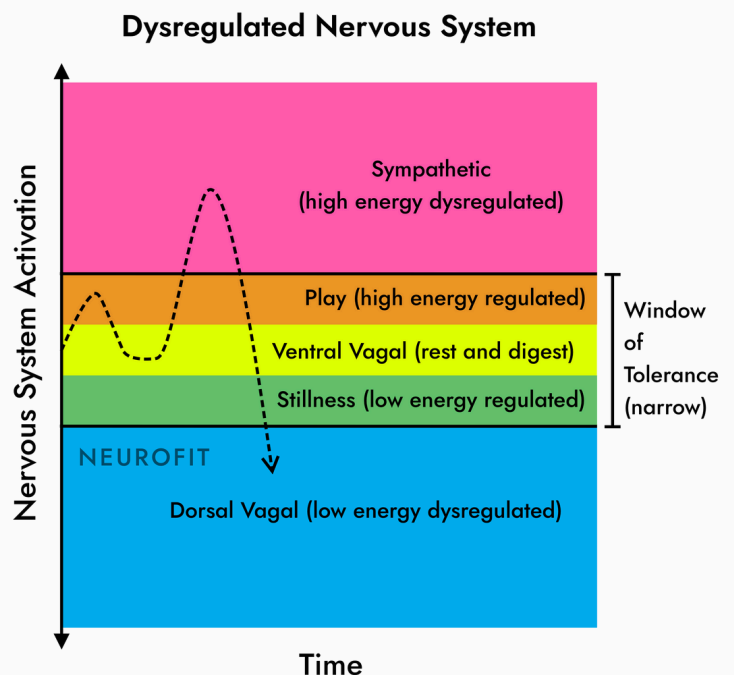
Balanced Team

- Low Stress Load
- Handles Challenges Well



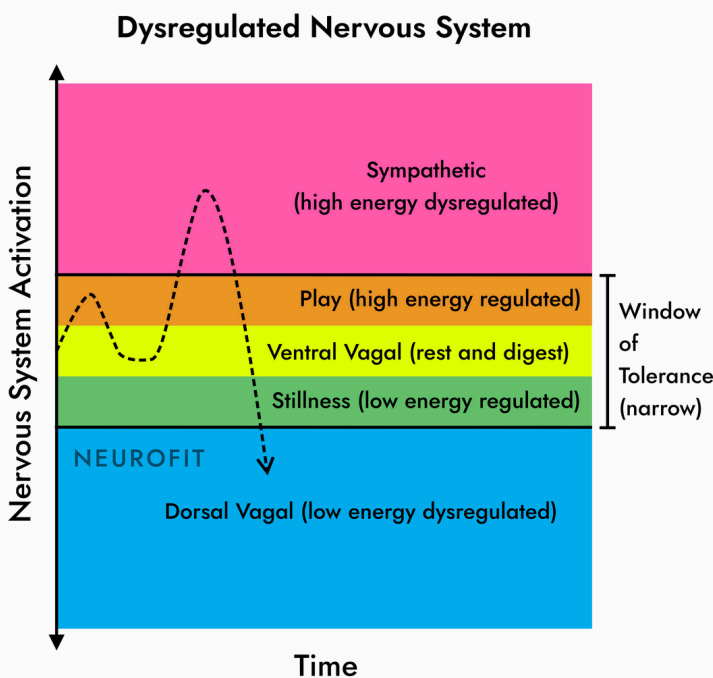
Imbalanced Team

- High Stress Load
- Less Resilient



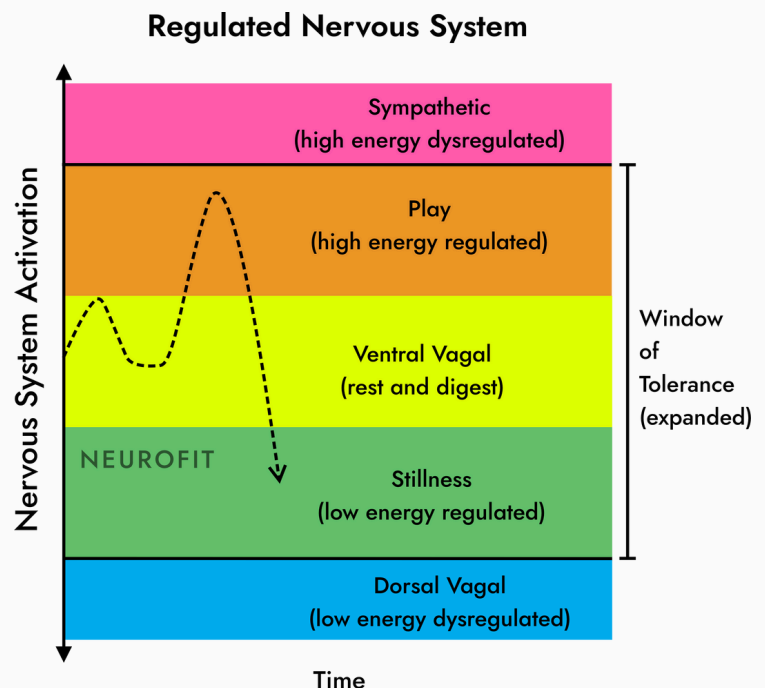
#3: Burnout is resolved in the nervous system.

Mindset focused solutions fall short because burnout is a body-based problem. NEUROFIT is designed to restore team resilience, cohesion, and performance.



Imbalanced Team

- High Stress Load
- Less Resilient



Re-Balanced Team

- Reduced Stress
- Handles Challenges Well

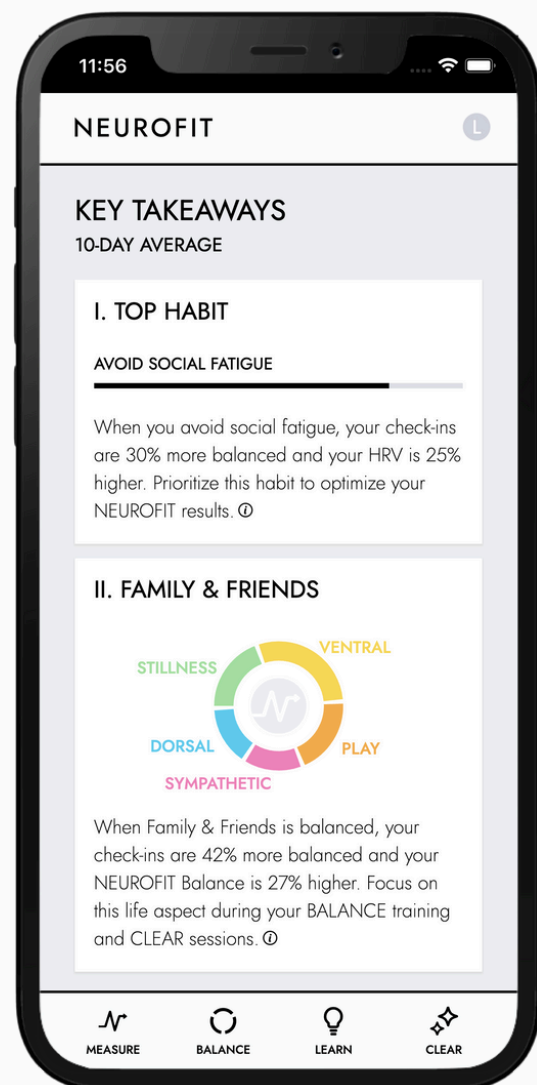
#4: Everyone's burnout solution is unique.

Everyone's nervous system is unique. With our industry-leading tech, each team member gets a digital coach personalized to their unique needs.

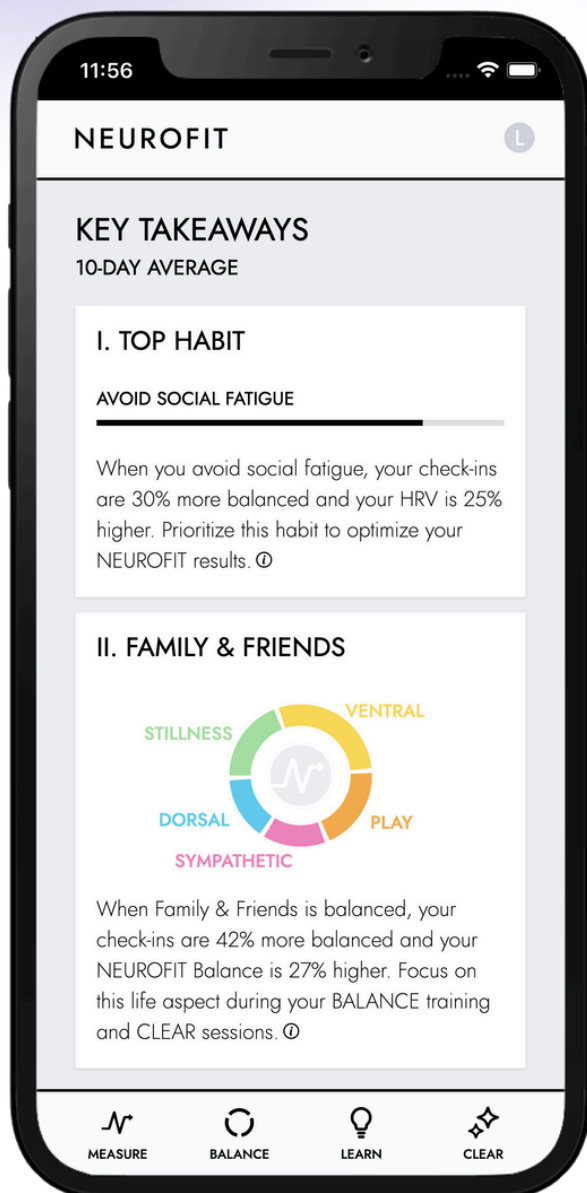
The NEUROFIT Ring



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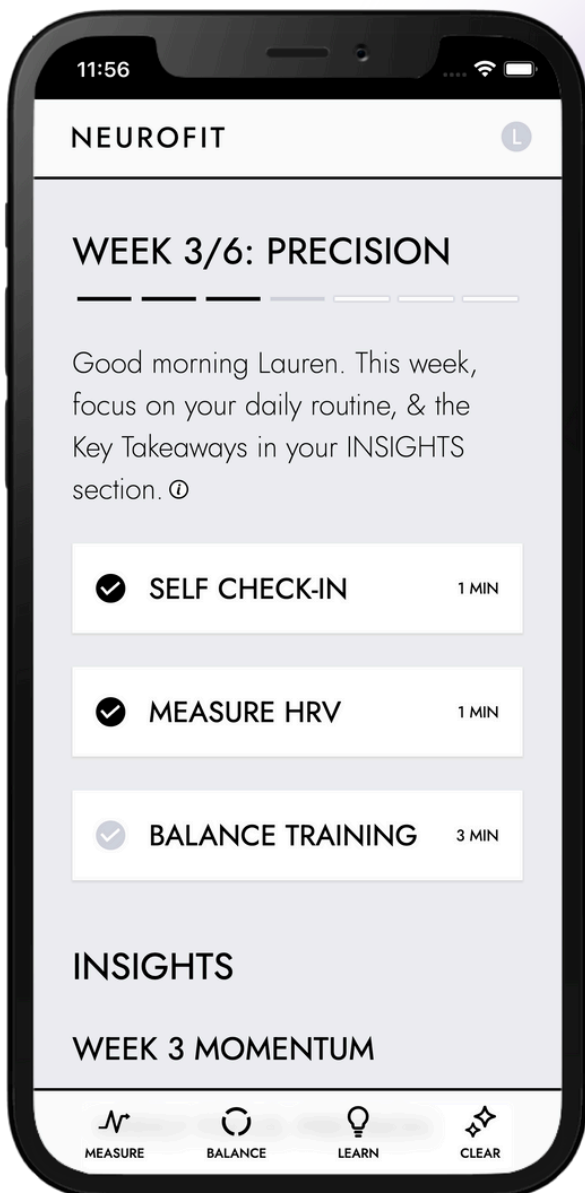
Beat team burnout *fast* with personalized mind-body coaching.



The NEUROFIT App is designed to improve well-being **7x faster**: on average, active users report **54% less stress after 1 week**.

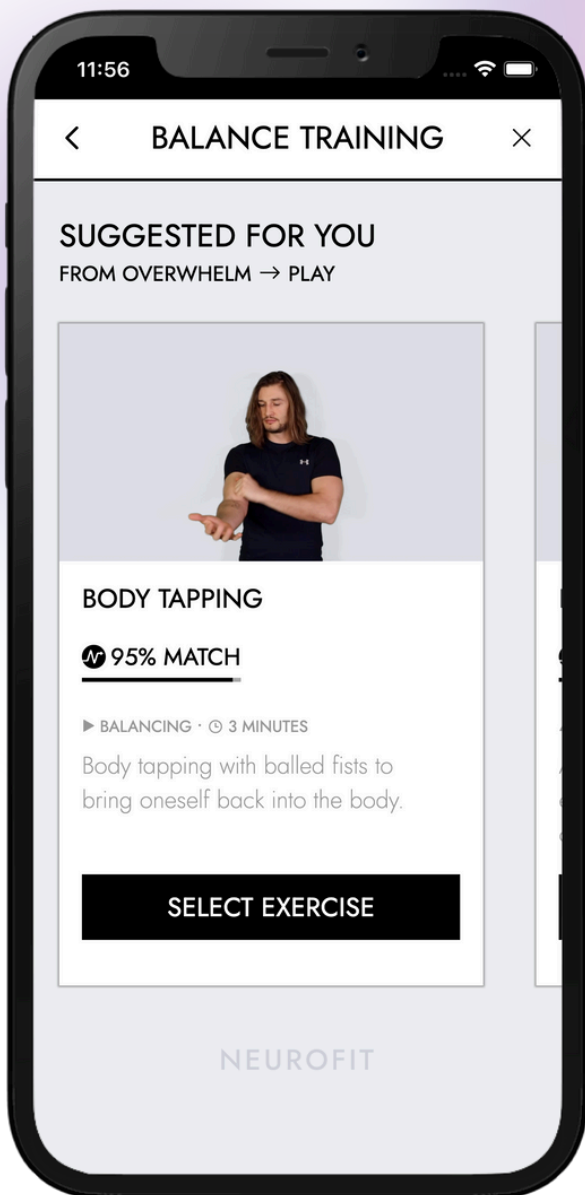
Hundreds of therapists, doctors, health coaches, and more use our nervous system approach with clients.

1. More balance, peace, and play in *just 5 minutes a day.*



The **guided nervous system program** is designed for simple and highly effective stress relief in just 5 minutes a day.

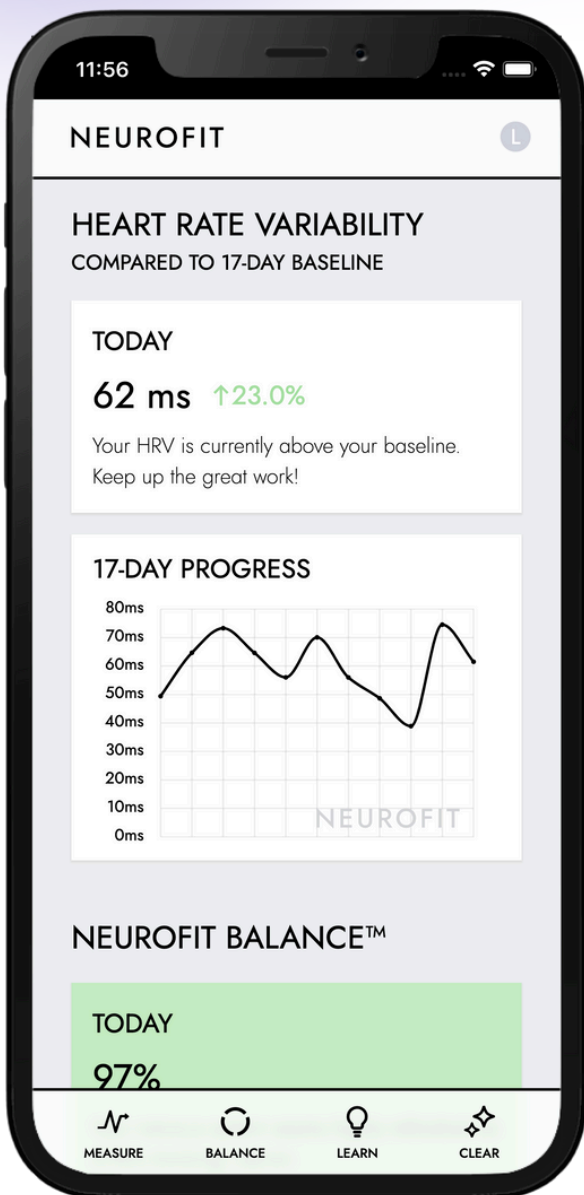
2. Real-time stress, resolved *in no time*.



The **smart exercise library** matches you with exercises that beat stress in 2-3 minutes.

They're fast, easy to follow, and can be performed just about anywhere (no fancy yoga skills needed).

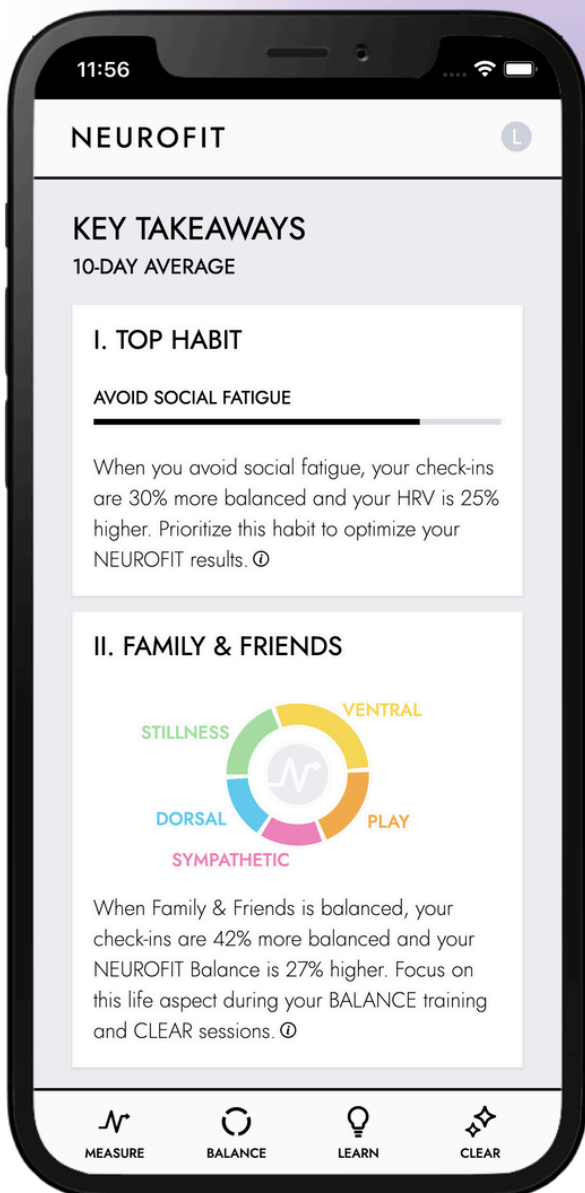
3. Keep your finger on the *pulse*.



Camera-based HRV tech lets your entire team measure their progress and recovery without a wearable.

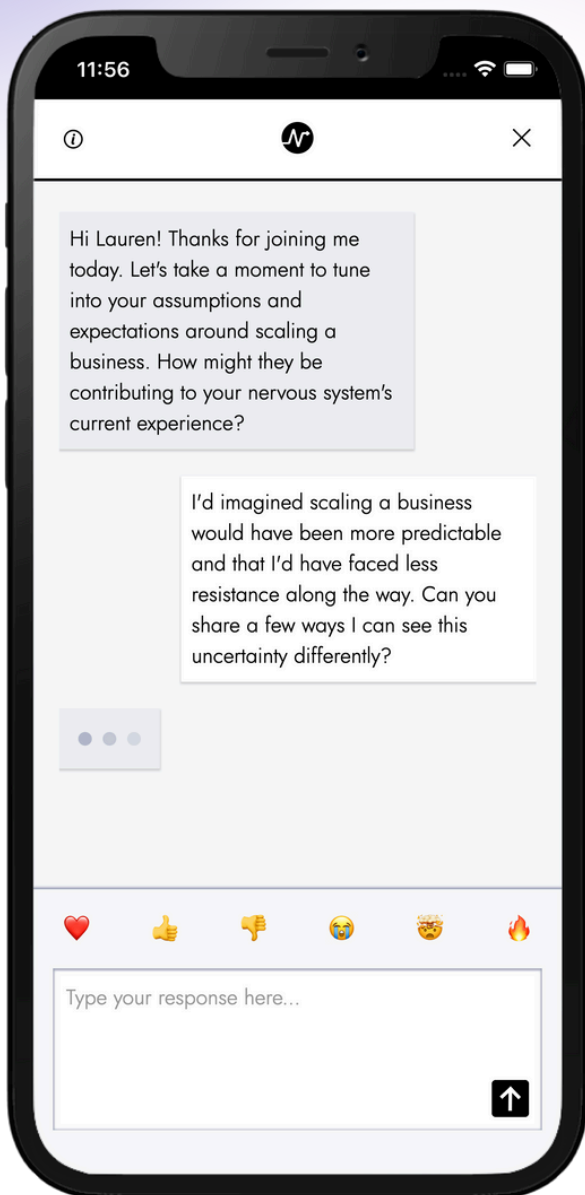
Get real-time insights on top stress biomarkers with seamless 1-minute finger scans via your phone camera.

4. Strength, *powered* by numbers.



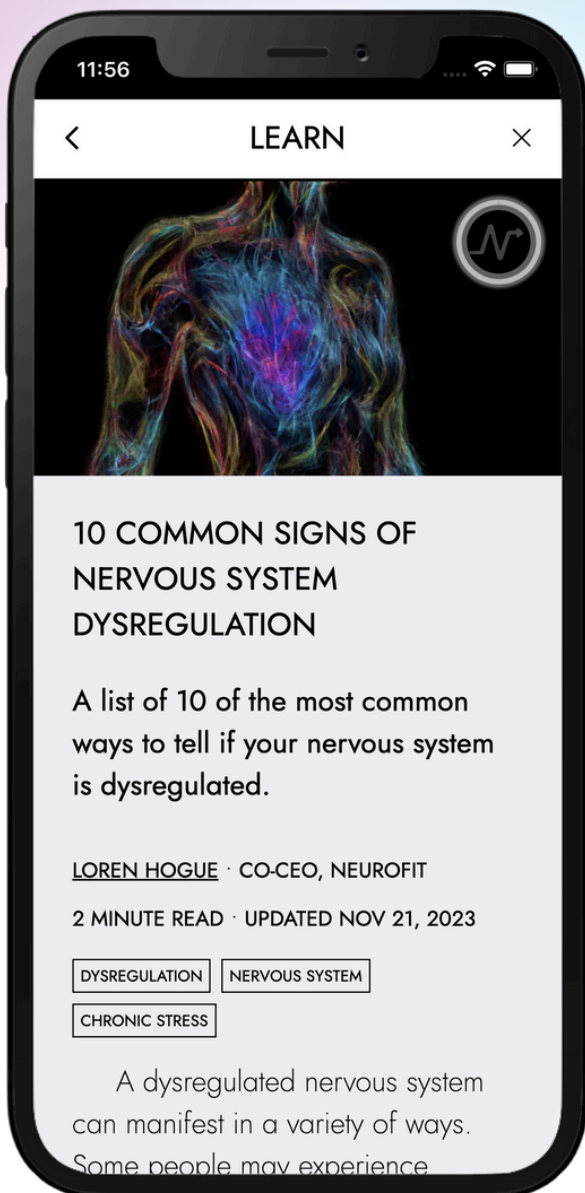
Personalized insights help each teammate feel better faster, by pinpointing what their nervous system needs most.

5. Peace of *mind*: Now just a text away.



The **AI breakthrough coach** provides tailored support around key life areas. Unlimited support, available at any time.

6. Know yourself *inside and out.*



Dive deeper with our **searchable learning library** of bite-sized articles.

Learn everything you need to know about nervous system regulation, all in one place.

Take your team-building to new heights.

NEUROFIT-Certified Coaches offer **tailored 30-60 minute workshops** that help fast-moving teams:

- Quickly reduce stress and burnout;
- Improve chemistry + well-being; and
- Optimize productivity + performance.

Workshops can be held online or in person, and are personalized to the specific needs of your team.



Backed by data.
Neuroscience-Based.
Trusted by 2K Leading
Wellness Professionals.

94%

APP USERS REPORT
REDUCED STRESS

95%

REPORT STRESS RELIEF
WITHIN 5 MINUTES

2K+

HEALTH PROFESSIONALS
USING NEUROFIT

54%

LESS STRESS AFTER JUST ONE WEEK,
PER AVERAGE ACTIVE USER

100K+

IN-APP EXERCISE
SESSIONS TO DATE

Next Steps

Plans are tailored to your organization's unique needs:

NEUROFIT App Access:

Standard Price (per seat): \$39/quarter, or \$99/year.

100+ Employees: Contact us for volume discounts.

Employees simply sign up with their work email to access.

7-Day Team Reset (Most Popular)

1-Week Online Community

Live Onboarding + Offboarding Workshops

3 Months App Access for all participants

Team Workshops

Available Quarterly/Monthly/Weekly.

Customized to team needs.

Contact us for pricing.

Book a demo today

 New York City

 (310) 658-8932

 contact@neurofit.app

 neurofit.app