



BY: SHAWNEE HARKINS

NEURO STATE OF MIND TRAUMATIC BRAIN INJURY & STROKE RECOVERY PROGRAM

A 4 MONTH NEURO FITNESS TRAINING PROGRAM

Transform Your Recovery Journey with Shawnee Harkins' Proven Neuro Fitness Methodology.

Our 4-Month Neuro Fitness Training Program is a personalized, science-backed approach to traumatic brain injury (TBI), stroke, and concussion recovery.

Designed for both survivors and their caregivers, this comprehensive program targets the mind, brain, body, and spirit to fast-track healing, restore cognitive function, and rebuild physical strength.

KEY FEATURES:

1. Personalized Neuro Fitness Plan

Each client receives a fully customized training plan based on their unique needs and recovery goals. Whether you're rebuilding physical mobility or strengthening cognitive functions like memory and focus, your plan adapts as you progress.

2. Weekly Virtual Coaching with Shawnee Harkins

You'll have exclusive access to Shawnee Harkins, a leading expert in neuro rehabilitation, for live virtual coaching sessions. Her deep knowledge of neuroplasticity and personal experience with TBI will guide you through each phase of recovery.

3. Holistic Approach to Healing

Our program integrates cognitive and physical exercises with spiritual well-being practices, offering a complete mind-body solution that boosts emotional resilience and enhances overall quality of life.

4. Caregiver Training & Support

Caregivers are given specialized tools and education to play an active role in their loved one's recovery while learning how to manage stress and maintain balance in their own lives.

5. NeuroIQ Cognitive Training

A unique focus on cognitive rehabilitation using targeted exercises to enhance memory, executive function, speech, and reaction time. Clients are prepared to return to work or school, rebuilding their brain function for real-world success.

6. Progress Tracking & Adjustments

Your program includes regular check-ins and performance assessments, ensuring you're always on the path to achieving your recovery goals.



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BENEFITS:

- **Faster Recovery:** By addressing both cognitive and physical functions simultaneously, clients experience accelerated improvements in mobility, strength, and brain function.
- **Enhanced Cognitive Skills:** NeuroIQ training focuses on memory retention, decision-making, and problem-solving, helping clients regain independence in daily life.
- **Improved Emotional & Spiritual Well-Being:** By incorporating mindfulness and emotional health practices, the program supports holistic recovery, improving clients' mental and spiritual outlook.
- **Caregiver Empowerment:** Caregivers receive comprehensive training to enhance their ability to support recovery while maintaining their own well-being.
- **Long-Term Independence:** By the end of the program, clients are equipped with the physical, cognitive, and emotional skills they need to lead independent, fulfilling lives.