

MindShift.

Who are MindShift?

Mindshift is a next generation consultancy service, that delivers exceptional training and organisational change.

We are exclusively staffed by accredited psychotherapists and doctoral-level psychologists, with decades of specialist experience, and unique insights that you can trust.

Backed by real data from employees, we can deliver real change.



Why Burnout Matters

Start-ups like Uncapped, maintain a blisteringly fast pace, flexible strategy, and that takes a toll, even on the best staff.

Left unaddressed, burnout leads to disengagement, low motivation, and can foster an unproductive environment.

(Burnout and poor mental health cost UK employers £51 billion annually in lost productivity, absenteeism, and staff turnover, Deloitte, 2024)

How MindShift Can Help

We deliver burnout recovery and prevention training, flexibly – whether in person or virtually.

Our training is designed and implemented based on sound evidence-based practice and our team's extensive specialist experience.

We share our unique insights and strategies, boosting resilience, reducing absenteeism, and quiet burnout.



Burnout could already be costing your business, ready to change that? Get in touch with our specialists.

Contact@forrow.uk

Forrow.