



Our story starts with a simple truth: life can be challenging and sometimes we all need some support along the way.

ONWARD SHIFT

BROCHURE

www.onwardshift.com

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HOW
ARE
YOU,
REALLY?

OVERALL
MURALS
SINCE 1990

A PERSONAL MESSAGE FROM THE FOUNDER

VISHAL NARBHERAM
FOUNDER OF ONWARD SHIFT



Onward Shift isn't just a company, it's a movement.

For far too long, construction has demanded resilience without offering real support. I know this firsthand. After 15 years as an electrician, I've experienced the stress, burnout and mental health struggles many in our industry face but rarely talk about.

Living with ADHD and OCD, I often felt isolated and exhausted by the endless search for the right help. That's why I created Onward Shift: a trusted, accessible space where tradespeople and workers from all backgrounds can find support without confusion or judgment.

Here, you're seen, heard and valued. Whether you're battling stress, anxiety or just need a safe place to breathe, we're with you every step of the way.

Onward Shift is your space to heal, grow and move forward.

OUR MISSION, VISION AND VALUES



Mission

Onward Shift works to remove the stigma around mental health in construction. City by city, company by company, person by person, we are committed to reducing suicide rates within the construction sector and improving overall mental well-being.

We provide accessible, judgement-free support through a growing network of resources, offering practical solutions and encouragement for personal growth and resilience.



Our Values

We're not trying to offer short term help or solutions, we're putting our focus on helping people SHIFT their mindsets for a better future:

- See the world for what it can be
- Have the confidence to take on each day
- Inspire hope for a better tomorrow
- Feel your best
- Tomorrow only gets better!

We love that everyone is unique and creating an atmosphere that is welcoming is our highest priority!

Our Vision

Onward Shift envisions a world where mental health is prioritised and accessible to all. Our goal is to create a trusted platform where construction workers and companies can find both paid and free support, ensuring that no one feels alone.

Through physical and digital wellness spaces and multiple channels of support, we aim to make mental health openly embraced and an essential part of everyday life.



COACHING

BUSINESS COACHING

We know the ups and downs of running a business can be a heck of a ride but fear not we've got your back.



CAREER COACHING

Say hello to our Career specialists. Your ultimate guide through the twists and turns of your professional journey.

LIFE COACHING

Together, we'll dive into your goals, dreams and the things that truly light you up on the inside.



NEURODIVERSITY COACHING

Being neurodivergent can be overwhelming, let's break it down into actionable steps.

NUTRITIONAL COACHING

In today's fast-paced world, convenience often takes priority over health, making it easy to rely on fast food and processed snacks. At Onward Shift, we understand the struggle of maintaining a nutritious diet while juggling a busy lifestyle.



SOME OF OUR COACHES



**STUART
CAREER COACH**

'I work closely with each client to identify their strengths, overcome obstacles and cultivate a mindset that creates growth, success and fulfillment.'



**JILL
NEURODIVERSITY
COACH**

'I help neurodivergent adults take the first step toward lasting change by building self-awareness, practical habits and confidence to thrive.'



**NICOLE
LIFE COACH**

'I help individuals overcome anxiety, low self-esteem and identity struggles by providing empathetic, action-focused coaching to navigate life's challenges and rediscover their true potential.'

COUNSELLING

INTEGRATED COUNSELLORS



An integrative counsellor tailors their support to each client's unique needs. This flexible approach draws from methods like cognitive behavioural therapy and psychodynamic therapy, aiming to provide a more holistic and personalised experience.

PERSON CENTRED COUNSELLORS



A person centred counsellor focuses on creating a safe, empathetic and non-judgemental space, allowing clients to explore their thoughts and feelings openly. This approach believes in the client's ability to find their own solutions.

RELATIONSHIP COUNSELLORS



Relationships can be complex but they don't have to be. With our compassionate approach and expert guidance, you'll learn how to communicate more effectively, resolve conflicts and cultivate deeper connections with those you love.

SOME OF OUR COUNSELLORS



UNA INTEGRATIVE COUNSELLOR

'I'm an Integrative Psychotherapist helping individuals, couples, and young people heal from trauma and build more fulfilling lives.'

WILL PERSON CENTRED COUNSELLOR

'I help individuals navigate grief, relationships, anger and life direction with practical steps towards meaningful change.'



CARA RELATIONSHIP COUNSELLOR

'I offer compassionate, personalised therapy for individuals, couples and families, specialising in dementia support, grief, anxiety and relationship challenges.'

SERENA PERSON CENTRED COUNSELLOR

'I work with adults facing Generalised Anxiety Disorder (GAD), Health Anxiety, Insomnia, OCD, PTSD, low self-esteem and other mental health challenges'



KEYNOTE SPEAKERS

At Onward Shift, we connect you with world class keynote speakers who bring fresh perspectives, powerful storytelling and expert insights to your events. Whether you're looking to inspire innovation, create resilience or drive meaningful change, our diverse roster of speakers is ready to captivate and energise your audience. Explore our selection and find the perfect speaker to make your next event truly unforgettable!

SOME OF OUR SPEAKERS



STEVE



VISH



MARK



CHECK-IN BUDDY



A Buddy Built for Construction

Our WhatsApp check-in system offers proactive, personalised mental health support directly to your employees, helping them feel heard, supported and more accountable wherever they are, even on-site!

How It Works: Mental Health Check-ins and Support in Real Time
Through regular WhatsApp messages, employees are invited to rate how they're feeling on a scale of 1–5.

Based on their response, our system responds with tailored support:

Urgent: We signpost them to immediate mental health support.

Struggling: They're given options to start working with professional counsellors.

Neutral: They receive self-help tools, tips and options to work with a coach.

Good: We offer motivation and guidance on how to maintain their progress.

Great: We celebrate their win and help them stay on track.

Employees in construction often work in high-stress environments with limited access to mental health resources. Our approach ensures they receive support wherever they are without apps, portals or intimidating HR systems.

TOOLBOX TALKS

In the construction industry, long hours, high-pressure environments and physical demands can take a serious toll on mental health.

Our Mental Health Toolbox Talks are designed specifically for construction workers, site managers and crews to address these challenges head-on with real conversations, practical strategies and a focus on building mentally healthier job sites.



Flexible Packages to Suit Every Site

You can mix and match any talks from our growing library. No bundles are fixed you choose the talks that suit your site's needs.

1 Talk – £50 per site

Perfect for sites looking to trial mental health conversations or target a specific issue.

4 Talks – £175 per site (Save £25)

Build a monthly rotation of toolbox talks or address multiple areas of mental wellbeing.

12 Talks – £450 per site (Save £125)

Ideal for annual mental health planning with a broad, proactive approach.

We also offer an option of adding your logo or tailor to your site for a small additional charge.

Onsite Toolbox Talks:

Enhance engagement with our onsite toolbox talks. A professional will visit your site for a session, providing expert guidance and answering questions in person.

Need a custom quote for multiple sites or larger packages? Contact us for bulk pricing.

SHOP

Clear your mind. Capture your ideas.

Our notebook is more than paper it's a space to organise thoughts, set goals and bring dreams to life. Perfect for everything from big visions to daily to dos.

Price- £25.00



Speak Up. You Matter. Always.

This isn't just a t-shirt it's a statement. Bold and empowering, it challenges outdated ideas and reminds us that finding your voice is strength. Comfortable, versatile and designed to spark conversation, it's made for those ready to stand tall in their truth.

Price: £35.00

Your comfort zone, redefined.

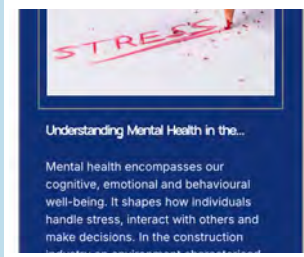
Soft, cozy and made for slowing down. Our hoodie is the perfect reminder to pause, recharge and care for yourself because self-discovery starts with self-care.

Price: £50.00





Free Resources from Onward Shift



Blogs

Packed with stats, tips and actionable ways to support mental wellbeing on and off site.



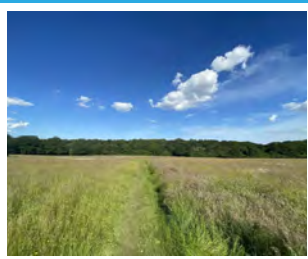
Podcasts

Episodes featuring industry guests who share practical strategies to improve lives.



Newsletters

Delivered to keep you up to date on the latest in construction and mental health.



Walk & Talk Networking Events

Monthly meet-ups to get moving, connect and have real conversations in a relaxed setting.



Our Packages

Onward Shift supports companies of every size from single coaching sessions through to fully bespoke wellbeing programmes. The packages below are examples of how we typically work with construction firms but we'll tailor everything to your needs.

Pilot Programme - Perfect for start ups between 1 and 50 employees

- 4 x Coaching or Counselling sessions for staff
- 2 x Toolbox Talk PDF's (choose from 52 practical topics)
- Dedicated Check-in Buddy Service for 1 x site
- Access to Onward Shift blogs, podcasts, newsletters & networking events
- 1x 15 minute debrief call and recommendations

Investment: From £550/month (rolling contract, cancel anytime)

SME Package - Best for businesses with staff between 50-250 employees

- 10 x Coaching or Counselling sessions per month
- 2 x Toolbox Talks per month (Total = 5 x PDF + 1 live session per quarter)
- Dedicated Check-in Buddy Service for 3 x sites
- Access to Onward Shift blogs, podcasts, newsletters & networking events
- End-of-quarter Wellbeing Insights & Recommendations Report

Investment: From £1,200.00/month (3-month minimum)

Corporate Partnership - Comprehensive Support for Large Teams

- 30 x Coaching or Counselling sessions per month
- 2 x Toolbox Talks per month (Total = 1 x PDF + 1 live session per month)
- Up to 5 Keynote Speaker sessions annually (value £5,000)
- Dedicated Check-in Buddy Service for up to 10 x sites
- Access to Onward Shift blogs, podcasts, newsletters & networking events
- Quarterly Wellbeing Strategy & Impact Reports for leadership

Investment: From £4,150/month (annual commitment)

Why it works

- Reduces downtime and loss productivity
- Boosts retention, motivation and team morale
- Meets and exceeds UK HSE wellbeing standards
- Creates safer, stronger and more resilient teams

Flexible Add-Ons (for all packages)

- Additional Coaching/Counselling Blocks
- One-off Toolbox Talks (PDF or in person)
- Extra Keynote speaker bookings
- Check-in Buddy additional sites

Next steps

Simple, supportive and straightforward here's how we get started.

1. Enquire

Tell us what you're looking for. Send us an email at journey@onwardshift.com and we'll get back to you as soon as possible to explore how we can help.

2. Book a Discovery Call

We'll arrange a friendly 20–30 minute call to learn about your company, your people and your wellbeing goals.

3. Receive Your Proposal

We'll design a tailored plan that meets your exact requirements whether it's a single coaching session or a full wellbeing programme and send you a clear proposal for review.

4. Start Your Plan!

Once you're ready, we'll get started and support your team every step of the way. You'll soon see the positive impact on your workforce's mental health, morale and overall wellbeing.

We look forward to working with you and supporting your people.

Ready to Get Started?

Email us at journey@onwardshift.com

Want to learn more? Visit www.onwardshift.com



CONTACT US

Email: journey@onwardshift.com

Website: www.onwardshift.com