

Enquiry Form for Stress Management Programmes

School & Organisational Enquiry Form

Thank you for your interest in bringing one of the Stress Management & Resilience Programmes to your organisation.
Please complete the form below and I will be in touch within 2–3 working days to discuss your needs.

1. Organisation Name

2. Contact Person Name

3. Role / Position

4. Email Address

5. Phone Number

6. Which programme are you interested in? (Please tick/check)

- SMART Programme™ (4-session)
- INSET Training
- Thrive Under Pressure Programme™
- Unsure – would like guidance

7. Approximate number of participants

8. Preferred timeframe (Please tick/check)

- Within 1 month
- Within 1–3 months
- Next term / quarter
- Flexible

9. Briefly describe your organisation's current stress or wellbeing challenges

10. Any additional information

All enquiries are handled confidentially. A brief consultation call can be arranged to ensure the programme meets your organisation's needs.

Completed forms may also be sent directly to:
drpauletteogun@wellbeingandachievement.com