

Stress Management Programme Application Form

Thank you for your interest in working together.

Please complete the short questions below so I can understand your needs and ensure the programme is the right fit.

1. Which programme are you applying for?

- ☐ 1:1 SMART Programme (Teachers)
- ☐ Open-Enrolment Teacher Cohort
- ☐ 1:1 Thrive Under Pressure Programme (Professionals)
- ☐ Open-Enrolment Professional Cohort

2. What is currently contributing most to your stress or pressure?

(Please provide a brief description.)

3. How is this affecting you at the moment?

- ☐ Emotional wellbeing
- ☐ Sleep or energy levels
- ☐ Work performance
- ☐ Confidence or decision-making
- ☐ Relationships
- ☐ Other (please specify)

4. What would you most like to feel or achieve by the end of the programme?

(Brief response.)

5. Have you previously received therapy, coaching, or stress support?

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

(If yes, please briefly outline.)

6. Are you able to commit to attending all scheduled sessions?

☐ Yes

☐ Unsure

☐ No

7. Preferred contact email:

This application helps ensure that the programme is aligned with your needs and that we can create meaningful, sustainable progress together.

Completed forms may also be sent directly to:

drpauletteogun@wellbeingandachievement.com