**Equus PreWork - {Title of Workshop}**

**Workshop Date:**

**Ranch and Address:**

Greetings! We (Coach Names) are thrilled that you signed up for this Equus Workshop. Please complete this questionnaire, save it as a Word Doc with your name, and email it back to {Coach Name: email}

|  |  |
| --- | --- |
| **Name:** |  |
| **Cell Phone:** |  |
| **Emergency Contact (Name, cell phone):** |  |
| Where will you be staying?  Will you have a car?  Would you be willing to transport other participants to the ranch for the workshop? |  |
| What moved you to sign up for this workshop? |  |
| Three (3) things that you are currently enjoying or 3 successes you are pleased about: |  |
| Three (3) things that are stressful, chaotic or challenging in your life or that you would like to change or improve: |  |
| Have you had previous interactions or experiences with horses? (owned, ridden, good /bad times, fears?) |  |
| *Refreshments and Lunch from Panera will be provided on your Equus Day.*  Do you have any allergies, dietary restrictions or medical conditions that we should be aware of? | Please indicate your choice of sandwich: \*Mediterranean Veggie \*Grilled Cheese \*Ham and Swiss \*Tuna Salad (with or without onions?) \* BBQ Chicken Flatbread  Lunch choice:  Allergies:  Other restrictions/conditions: |
| What would be the best outcome that could happen as a result of this experience? |  |
| Questions/concerns/other things your facilitators should know? |  |

Thank you!