

Constance Walker, Front Range Equus Coaching  
**Equus Coaching™ Initial Questionnaire / Pre-work**

This pre-work will help me get to know you better and make your time with the horses as effective and meaningful as possible. Please answer as honestly as possible; your responses are kept strictly confidential. **Thank you!**

**Date of Session:**

**Name:**

**Email:**

**Phone:**

1. What inspired your decision to sign up for this Equus experience?
2. Please list 3 events/ experiences in your work or personal life that you are currently enjoying:
3. Please list 3 events/ experiences at work or personal life that are stressful or challenging:
4. If you are currently in a relationship (dating, married, divorced, etc.) please describe your status from your perspective and how you feel about it. If you are currently single, please describe how you feel about it.
5. Briefly describe your current work situation and/or responsibilities.
6. What one or two things in your life are you *barely tolerating*?
7. Where in your life do you want more clarity or confidence?

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8. Have you ever had any interaction with horses? (Example: owned, ridden, good times, bad experiences, fears?)
  
9. Have you had previous coaching or therapy? If yes, when? What was the most helpful about the coaching or therapy?
  
10. What would be the best outcome that could happen as a result of your Equus experience?
  
11. Any other questions, concerns, or things your Equus coach should know?

Thank you.

Please return your pre-work via e-mail before your session to: [ubucon@gmail.com](mailto:ubucon@gmail.com) or bring it to your session.