



# Clear Edge

Performance

## Participant Questionnaire

Thank you for choosing Clear Edge Performance. We value your time and understand your decision to seek coaching is a clear indication of your interest to grow in the area of dampening or controlling for impacts from stressors on the mind and body to promote improved performance outcomes. We are excited to meet you and look forward to sharing information to help you with your performance goals.

To help us learn about you and prepare for your coaching session, we request you complete an pre-coaching questionnaire. Participation is not required but is highly recommended for use with private and small group coaching sessions. Information shared with Clear Edge Performance will be instrumental in helping to shape and guide discussion and coaching to best meet participant interests with respect to driving program outcomes aimed at improving performance to realize increased successes.

Please click on the below link, or copy and paste the URL into the address bar of your web browser, to complete the questionnaire.

<https://forms.gle/8ZacZMZYEc8oiMtX7>