

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.

Completing this form 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 be as descriptive and informative in the responses provided. Getting to the root cause of what drives stressors in a participant's performance and directing stress response calming tools and strategies is key to besting numbers of the challenges inhibiting performance.

Personal Information

Questions marked with an asterisk (\*) are required.

**Date\***: Click or tap to enter a date.

**Name\***: Click or tap here to enter text.

**If a minor, parent or guardian name**\* (N/A if not applicable): Click or tap here to enter text.

**Relationship to minor**\* (N/A if not applicable): Click or tap here to enter text.

**If a minor, age of the participant, or grade in school**\* (N/A if not applicable): Click or tap here to enter text.

**Who is filling out this form**\*: Choose an item.

**Phone number**\*: Click or tap here to enter text.

**Is this a cell phone**\*: Choose an item.

**Email address**\*: Click or tap here to enter text.

**Preferred method of contact**\*: Choose an item.

**If a cell phone, are text messages acceptable?**\* (Clear Edge Performance is not responsible for costs associated with messaging or cellular use): Choose an item.

Getting to Know You

The following questions are designed to help coaches at Clear Edge Performance get to know you better in the area of stress performance management. It is encouraged you answer all questions, and you be descriptive in your responses.

**What activity or activities do you participate in that causes stress, tension, fear, or anxiety (sport, public speaking, conflict resolution, performing arts, etc.)?**

Click or tap here to enter text.

**How long have you participated in this type of activity?**

Click or tap here to enter text.

**What are the physical, psychological, and emotional effects noticeable to you in your body when participation in the activity is imminent, or so close in that thoughts of the activity trigger a reaction?**

Click or tap here to enter text.

**What are the physical, psychological, and emotional effects noticeable by others as it pertains to you when participation in the activity is imminent, or so close in that thoughts of the activity trigger a reaction?**

Click or tap here to enter text.

**Is there a specific element or portion of the activity you participate in that produces the physical, psychological, and emotional effects more than others? If so, what?**

Click or tap here to enter text.

**What are the external stressors (coaches, peers, bosses, parents, siblings, etc.) that cause weight or add pressure to the activity outcomes? List each stressor and provide a description and examples to provide context around what it is that is said or done that causes the stress response.**

Click or tap here to enter text.

**What are the performance outcome impacts from those physical, psychological, and emotional effects; from the added stressors?**

Click or tap here to enter text.

**What are your goals related to performance outcomes in the activity you participate in?**

Click or tap here to enter text.

**What is it you are wanting to get from coaching with Clear Edge Performance?**

Click or tap here to enter text.

**Where do you see yourself in 1 year from now, three years, five years?**

Click or tap here to enter text.

**How do see engaging in this life skills coaching session going to benefit you?**

Click or tap here to enter text.