

# INFORMATION FORM - WHAT'S WHAT

w/Andrea & Geordie - February 3-6, 2023

Dear \_\_\_\_\_,

We're excited you have registered for the first part of this professional movement training. In preparation for our time together, we'd love to know a bit more about you.

Please fill out this information form and send to [nicole@andreajuhan.com](mailto:nicole@andreajuhan.com) along with a recent photo of yourself (headshot .jpg).

Name \_\_\_\_\_

Where you live \_\_\_\_\_

Your profession \_\_\_\_\_

Gender/preferred pronouns \_\_\_\_\_

Email address \_\_\_\_\_

Cell phone # \_\_\_\_\_

## QUESTIONS

1. What aspect of your life - personal or professional - would you like some more insight, support, and skills in your communications? For example, areas to consider:

- You may be a teacher, therapist, coach, or boss
- You may be in a role of authority over others
- You may be curious about your personal relationships
- You may be curious about your familial relationships - with parents, children, and/or siblings
- You may be an employee

- You may be part of a collaborative collective

Please list and elaborate on key relationships, situations, or roles you are involved in.

2. Where is it that you're most curious about how communication is occurring and how you might facilitate and/or participate more effectively? (LIST HERE)

3. Start to watch/notice what language you and others are using to express what's going on, what kind of listening is happening, what do you see/feel happening in the body? What protections, avoidances or defenses are you witnessing in yourself, between yourself and others, and between others? What primary patterns do you see and experience?

In preparation for our time together, please collect some of your observations and **bring them with you.**