

Team Building Intake

Hi! I'm so glad you're here, and I can hardly wait to meet you face-to-face! Before we get started, I need a little information from you so I can begin designing our time together to suit your needs. Please take a few minutes and complete the form below. You can either print and scan a copy, or copy and paste to email. Please send this to info@restartwellness.net. I really appreciate it!

Name (legal and preferred):

Birthdate:

Address:

Phone number:

Voicemail OK?

Text OK?

Email:

Preferred method of contact and what is the best time to reach you?

Name of workplace:

Brief description of what your team does:

Number of participants:

Do you have a date(s) in mind for the workshop?:

**How long would you like the session to be?
Online session or In-Person session?:**

What are you hoping to accomplish in our work together?:

If you accomplished those goals, how would things be different for you?

Are there any particular art methods you would like to use or try?

Is there anything else you would like me to know about you and your team?

How did you hear about me?