

Life Balance Consultations LLC P.O. Box 980329 Ypsilanti, MI 48198  
734-434-4440, [www.juicierlife.com](http://www.juicierlife.com); [laura@juicierlife.com](mailto:laura@juicierlife.com)

~NATURE WITH NO HESITATION~  
**6 weeks, Sundays, Sept 9 – Oct 14, 2007 at 4 p.m.**

Exploratory QUESTIONNAIRE

Client  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
E- mail: \_\_\_\_\_ Home phone \_\_\_\_\_  
Cell phone: \_\_\_\_\_ Work phone \_\_\_\_\_

**Continue your answers on the back if you run out of room.**

How did you learn of this class?

What is a favorite memory of being outdoors as a child (if any)?  
What did you like about it? How did it make you feel?

Describe in detail a favorite or special experience you've had outdoors as an adult. What did you like about it?

What if anything did you learn about yourself or something else?

What are some unanswered questions or unresolved issues that are true for you in your life at this time? How would you like them to turn out?

List 3 benefits to your life you'd like to gain as a result of eco coaching.

I am willing to stay open to my outdoor experiences. Yes / No

I am willing to experience, explore and actively work towards overcoming resistance to spending time outdoors. Yes / No

I am willing to spend at least one time outdoors each week in between eco coaching sessions. Yes / No

I am willing to keep track of my outdoor experiences and feelings in a notebook that is designated exclusively for my nature experiences. Yes / no

**The next page contains registration information!**

## **REGISTRATION**

To register for the Eco Coaching Workshop NATURE WITH NO HESITATION, fall, 2007, ***you must pre register by sending the first page of this form along with a check or money order to Life Balance Consultations, P.O. Box 980329 Ypsilanti, MI 48198.*** Please feel free to call with questions at 734-434-4440. Class size is limited to 15. If you don't think I will receive your payment by September 6, please call to be sure there is still space available, before mailing.

## **LOCATION**

County Farm Park, 2230 Platt Rd, (behind the Meri Lou Murray County Recreation Center located on Washtenaw Ave (M17)). Due to recent renovations to the park, the exact meeting site will be given to you by phone or e-mail the week before the class starts *and* after I receive your registration. Or, you can call or e-mail me that week to find out. *If you e-mail, please put "Eco Coaching" in your subject line.*

## **Additional directions**

Exit west off US 23, onto Washtenaw (towards Ann Arbor). Turn left at Huron Pkwy (South), turn right at Platt. The entrance is on the left.

## **TIME- DAY- DETAILS**

6 Sundays – 4p.m beginning September 9, ending October 14, 2007.

Makeup dates (so far), *Saturdays, 10:00 a.m*, Sept 29 and Oct 6

**Sessions will last for 1 ½ hours**

~Please bring a designated notebook or journal to write in while outdoors~

## **WEATHER CANCELLATIONS**

*There will be no cancellations due to rain or snow. Please dress appropriately for being outdoors for 1 ½ hours. Bring umbrella, sunscreen or bug repellent, as needed.* Learning to tolerate "unpleasant" weather is part of your learning experience and our shared growth. We may spend some time under a pavilion, but we will always walk out for the exercises.

*We will cancel* if there are severe weather watches or warnings for Washtenaw County. Check your radio or T.V. or [www.weather.com](http://www.weather.com).

If a class is cancelled by the instructor for any personal reason, you may attend one of the make up classes, or another make up session can be added. My phone number is 734-434-4440, if you have questions before or during the class.

I'm looking forward to sharing fall 2007 with you!

I'll see you outdoors! ☺

Warm Regards,

Laura MacKimmie M.S.  
Life coach, Eco Coach, Consultant