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# *Walk in Beauty: Pilgrimage of El Camino de Santiago, Spain (A Kinder Camino)*

*September 17-26, 2017*

*Valerie Brown, Pilgrimage Leader and Courage & Renewal Facilitator*

[www.leadsmartcoaching.com](http://www.leadsmartcoaching.com)

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## **CONFIDENTIAL PRE-PILGRIMAGE QUESTIONNAIRE**

Please complete this **REQUIRED, confidential** medical information form and email it to

[ValerieBrown95@gmail.com](mailto:ValerieBrown95@gmail.com)

**Name:**

**Address/Phone/Email:**

**Occupation/Vocation:**

**Hobbies/Interests:**

**Faith Tradition:**

- Have you attended a pilgrimage or a retreat with Valerie?
- Have you travelled outside the U.S. in the last two years? If so, where?
- Please describe your daily and weekly physical fitness routine?
- Describe any physical limitations or concerns you may have. Is there anything happening that might impede your full participation in this walking pilgrimage?

- Describe your physical training to prepare for this journey. (We will be walking approximately 10 miles daily, carrying a daypack.)
- Describe your daily, weekly spiritual routine.
- Why did you register for this pilgrimage and what would be most meaningful for you at the end of the pilgrimage?
- How did you learn about this pilgrimage?

Thank you for completing this confidential questionnaire.

Buen Camino!

*Valerie*