

— LIFE ARTIST — BEFORE WE MEET

A Short Form

*so we don't waste your
session getting started.*

You've booked a Discovery session. Before we talk, a few honest questions — so our time together starts where you actually are.

Career Transition & People Transformation, Bern

lifeartist.app

How this works

This isn't a test, and there are no wrong answers. It's a head start — a way for me to walk into our conversation already knowing the real shape of your situation, instead of spending half the session on basic facts.

Answer honestly, in as much or as little detail as feels right. Rough notes are completely fine. Write in whatever language you think most naturally in.

When you're done, email your answers to **inga-bire@lifeartist.app** — ideally at least 24 hours before our session, so I actually have time to read them properly.

— *Julienne*

01

Right now

Quick and factual — just to orient me.

What's your current role, and how long have you been in it?

What made you book this session now specifically — a particular moment, or something that's been building for a while?

02

The honest picture

In a sentence or two — what's actually not working?

What have you already tried, if anything, to change or fix this?

03

What you're hoping for

What would make this session feel worth it to you?

Is there anything you'd rather I already knew, so we don't waste time getting there?

04

Logistics

Preferred language for our session — DE, FR, or EN?

Best way to reach you, and your time zone if outside Switzerland.

Anything else I should know before we talk?

ALMOST THERE

Send it whenever you're ready.

Email your answers to the address below before our session. If something feels hard to put into words, just write that down too — it's useful information on its own.

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