



The MentoRing[®] on "Focus"

Purpose: To benefit from the WOVI MentoRing[®] process and to raise your self-awareness. Respond to the following question in order to do so. You will then share your response(s) with the women at your table, Sharing this information allows them to observe strengths and potential that you are unable to see in yourself. Sharing allows us to put into words challenges we have and can better handle with encouragement from each other. This also furthers the educating, mentoring, and leading process, which is the Spirit of WOVI.

Instructions: In the initial round, speak only when it is your turn. NO INTERRUPTIONS OR DISCUSSIONS. Each person will speak for JUST 30 SECONDS. As each person speaks the other participants will make notes about strengths they see in the speaker to share and rhetorical questions to ask that reinforce or reveal strengths. In the second round, share your insights from your notes with each participant. Focus on one person at a time. PLEASE WATCH THE TIME CLOSELY SO THAT EACH PARTICIPANT RECEIVES EQUAL TIME AND ATTENTION. FOCUS ON STRENGTHS AND KEEP COMMENTS POSITIVE AND SUPPORTIVE!

Are you staying focused on your goals and dreams? _____ If so, what are you doing to maintain focus? _____

If not, what's distracting you and how damaging are the distractions? _____

-- PLEASE RESPECT THE TIME CONSTRAINTS --

ABOUT YOU: Observations and remarks you want to keep that you receive from other members of the MentoRing.

1. _____
2. _____
3. _____
4. _____
5. _____

ABOUT OTHERS: Use the space below to make notes from others' comments about themselves.

Name _____

Name _____

Name _____

Name _____

Name _____

Name _____