



# The MentoRing<sup>®</sup> on “Inner Strengths”

**Purpose:** To benefit from the WOVI MentoRing<sup>®</sup> process and to raise your self-awareness. Complete the following statements to raise your awareness of your self-awareness. You will then share your answers with the women at your table, Sharing this information with others 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 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!

Think about your inner strengths. Be generous with yourself. List them here: \_\_\_\_\_  
\_\_\_\_\_

How are you using them? If you aren't, why not? \_\_\_\_\_  
\_\_\_\_\_

**-- 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 \_\_\_\_\_  
\_\_\_\_\_