



# The MentoRing<sup>®</sup> on “Overcoming Negativity”

**Purpose:** To benefit from WOVI’s MentoRing<sup>®</sup> process and to raise your self-awareness. Answer the following questions to raise 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 deal with and can better handle with encouragement from each other. This also allows the members of each Ring to get to know each other and effectively experience and express 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, ENCOURAGING AND SUPPORTIVE!

**When I’m surrounded by negativity, I...** \_\_\_\_\_

**In order to control my own negative thoughts and statements, I...** \_\_\_\_\_

---

---

-- 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 \_\_\_\_\_