



The MentoRing[©] on "Self Health Care"

Purpose: Participating in the MentoRing[©] raises your self-awareness, increases your ability to focus on what is important, and enhances your communication style and effectiveness. Sharing your responses allows you to put into words challenges you may have and could better handle with encouragement from others. The process also allows others to observe strengths and potential that you are unable to see in yourself. The MentoRing furthers educating, mentoring, and leading—the spirit of WOVI.

Instructions: Record your answer. In the initial round, participants reveal their answers and **speak for only 60 seconds**. Use the MentoRing worksheet to make notes or comments about each response, if needed. In the second round, focus on one person at a time and provide positive comments and support. Continue until each participant has received observations from all group members. **Speak only 60 seconds** so that all have equal time to respond and to obtain feedback. Keep all comments encouraging, helpful, and supportive!!

What do you do in order to take care of your own health? _____

Do you keep up with the latest health issues, prevention as well as treatments? If so, how do you do that? _____

-- 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 _____