



The MentoRing[®] on “Self-Image”

Purpose: To benefit from the Women of Vision’s MentoRing[®] process and to raise your self-awareness. Answer the following question(s) to raise your awareness of your own ability to focus on doing what is most important. You will then share your answer(s) 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 our own views and challenges that we then handle better with encouragement and wisdom from others. This furthers the mentoring, leadership and educating process, which is the Spirit of WOVI.

Instructions: Record your responses. In the initial round, participants reveal their answers and speak for only 60 seconds each. Make notes from each person’s responses. In the second round, focus on one person at a time providing positive comments and support. Continue until each participant has received observations from all group members. Speak only 60 seconds each so that all have equal time to respond and to obtain feedback. Keep all comments encouraging, helpful, and supportive! When you are the recipient of comments, write down comments made to you so you can revisit them later.

I see my self as a woman who: _____

I want to see myself, and for others to see me, as a woman who: _____

-- 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 _____

Name _____