



The
Digital Wellness
Center

WHOA Worksheet

To help you establish a relationship with your mentee/mentor - use our WHOA guidelines, developed with Mike Camp, General Manager at Walmart.

W = Work

H = Home

OA = Other Achievements

Think of two points for each category, for example, for home - I have one daughter, and two dogs .

Then to prepare for sharing you may write them down, create a visual of all three areas in PowerPoint, or simply make a reminder for each on your smart phone.



WORK



HOME



OTHER
ACHIEVEMENTS

