

THE MENTOR TRAINING LEADERSHIP 2024 WELCOME PACK



Welcome to TMT Leadership!

This program will teach you how to hold space for and deeply connect to, yourself and other human beings as an act of service.

More than that, this program is about truth and love because truth and love are always invitations to deeper experiences with yourself and others. Remember that. Remember that when you use your mind, heart and intuition, in equal measures, you can't do this work wrong.

As a TMT Leadership participant, you will formally become IICT (International Institute for Complementary Therapists) accredited to be a professional mentor!

This is our most in-depth training, and as such, we offer the support of an ongoing community in Telegram, over 20 hours of video content, live calls with TMT teachers twice a month and 20 hours of live 1:1 mentoring practice.

We're so honoured to be on this journey with you.

Our Mission

To create the world's most accessible and leading-edge training for people to help people.

Our Vision

By changing how we think about leadership and community while enhancing world peace through self-knowledge, compassion and tools for growth and change.

Let's begin...

- Please read and sign the Consent & Intake form
- Upon signing up for the TMT Leadership training, you'll receive an email with your login information. Please log in to access the course and save the login details somewhere safe!
- Register for your listening partnership and read the [Listening Partnership 'how to' guide](#).
- Join the community on Telegram.
- Save your Zoom link for all calls.
- NOTE: To become accredited you must attend a minimum of 70% of the live calls in your time zones, so a minimum of 10 (ideally you would attend all 14 live).
- Complete this [form](#) after each peer-to-peer mentoring session AND each external mentoring session. Submit to hello@thementortraining.com.

Showing Up With Integrity

Personal Responsibility

We fully commit to you. We ask that you bring that same level of commitment to us.

We ask that you create space in your life by carving out time and limiting distractions as much as possible to ensure you receive the full benefits of the training.

The more you involve yourself in The Mentor Training, the more you will get out of it. We ask that you show up with integrity & take full responsibility during this course. This starts by agreeing that everything shared as part of the program - with us, between participants and with your practice clients - stays fully confidential.

We also ask you to show up on time to all your calls (live teaching calls, listening partnerships and practice sessions). To accommodate as many time zones as possible we will host two calls on the live training days - please choose one and try to attend the same session (AM or PM) every time.

Ethics

A big part of this program is based on participation: in the group chat on Telegram and in listening partnerships.

Mentoring happens as part of a relationship between you and your mentee, participating in the group is a great way to practise showing up for yourself and others

We ask that you show up with the same level of integrity and consideration as you will as a mentor. Please always be respectful to others.

The community and listening partnerships are safe spaces, please do not mentor or coach each other outside of your practice sessions.

Remember that all information shared is confidential, if you need space to process something that was shared, reach out to us.

Your practice sessions should be free of charge, allow yourself to be a beginner.

Please read and sign [The Mentor Training Standards of Ethical Conduct, here](#). This is due before you begin your practice sessions.

Across the eight months of training you will find:

	LEADERSHIP CALLS	LEADERSHIP LESSONS
APRIL	Live call 1: 3rd 10AM / 7PM Live call 2: 17th 10AM / 7PM	MODULES 1 & 2
MAY	Live call 3: 1st 10AM / 7PM Live call 4: 15th 10AM / 7PM	
JUNE	INTEGRATION BREAK - June	
		M 1&2 Assessment Submission by June 30th
JULY	Live call 5: 3rd 10AM / 7PM Live call 6: 17th 10AM / 7PM	MODULES 3 & 4
AUGUST	Live call 7: 7th 10AM / 7PM Live call 8: 21st 10AM / 7PM	
SEPTEMBER	INTEGRATION BREAK - September	
		M 3&4 Assessment Submission by September 29th
OCTOBER	Live call 9: 2nd 10AM / 7PM Live call 10: 16th 10AM / 7PM	INTERNAL MENTORING PRACTICE SESSIONS
NOVEMBER	Live call 11: 6th 10AM / 7PM Live call 12: 20th 10AM / 7PM	EXTERNAL MENTORING PRACTICE SESSIONS
	END OF PROGRAM	Final Assessment Submission by November 29th
DECEMBER	Certificates issued by first week of December	

- Two months of live classes followed by a one-month integration break to get caught up x 2.
- Your first 10 mentoring practice calls held across October 2024
- Your final 10 mentoring practice calls held across November 2024
- Eight weeks of live calls to support integration, build your confidence and close off our time together.
- Thirteen live calls which run for 60 minutes — recorded for replay purposes — are held approximately every two weeks on a Wednesday at two different times on the same day: 10 am CEST and 7 pm CEST.

Training Topics and Due Dates

Teachings are purposefully more concentrated at the start to allow time for integrations and questions towards the end of the course.

April

- Introduction to The Mentor Training Emotional fluency
- Nervous system support
- Transference
- Integrity & Intuition
- *1st Listening Partnership to be assigned*
- *Module 1 completed by end April*

May

- Disassociation, Adaptation & Projection
- Self- & Co-regulation
- The TMT Method & Code of Ethics
- How to hold a safe space
- Example case studies
- *Module 2 - complete by end May*

June

- Break from online & live classes
- Integration and catch up time
- *Modules 1 & 2 Assessment Submission by end June*

July

- Self-care, distress & burnout
- Projection & reparenting
- Mirroring & body language
- Paraphrasing + reformulating
- Boundaries
- *Module 3 - complete by end July 29*

August

- *2nd Listening Partnership to be assigned*
- Asking the right questions
- Client onboarding
- How to open & close a client session
- Client off-boarding & completion
- Peer to peer mentorships
- *Module 4 - complete by end August*

September

- Break from online & live classes
- Integration and catch up time
- *Modules 3 & 4 Assessment Submission by end September*

October

- Live training calls
- Begin offering external mentoring sessions
- Think about a topic for the final assessment
- Remaining 10 *Mentoring self-assessments due end October*

November

- Live training calls
- Training integration support
- Remaining 10 *Mentoring self-assessments due end November*
- *Closing Ceremony call*
- IICT Accreditation Certificates issued

We are here to support you on your TMT journey

Further information on Zoom call links, listening partnerships, and training details can be found inside your online classroom.

The group chat will be open on Telegram after enrolments are closed.

If you have a question in the meantime, simply email us at hello@thementortraining.com.

Meet the team

We believe that everyone has the ability to teach, care for and help others.

Traditional counselling, coaching and the business models that fuel them are built on standards that lack integrity.

The Mentor Training is built on equality, inclusivity and a flexible human-centred approach to how we teach and run our organisation.

Our team of four have come together as a cooperative where all four of us equally own and govern every aspect of the organisation.

We decide together as a team what we produce and offer, how we do it and what we do with the profits to ensure the organisation is truly accountable to those that we serve. No one is on top, but instead, we are all equal members who have chosen to take on certain responsibilities that draw on our natural abilities, strengths and experience.

“If leadership serves only the leader, it will fail” — Sheila Bethel

Vienda Maria,
Founder & Mentor

A pragmatic dreamer...

With a decade of mentoring hundreds of people through her programs and courses built on her background in psychology Vienda develops the core TMT training and the organisation's culture. She overviews delivery and takes an active role in every sphere, particularly in sharing TMT's philosophies and vision with the world.

Vienda also leads the corporate in-person training in the UK & Australia, supports our TMT community and is a lead mentor in our online training.

[Learn more about Vienda here.](#)

Mollie Lyst
Administration Director & Mentor

A lover... of dance, poetry, exploration and deep connection.

Mollie keeps us all organised, on track, and on time as joyfully as possible and takes incredible care of our clients and students. She acts as the first point of contact when you get in touch and makes sure that you stay happy, supported and informed throughout your time with us. She holds the web that carries us through as an organisation.

Mollie also manages our social media, keeps our TMT community humming, and is a lead mentor in our online training.

Mollie has completed a level 3 apprenticeship in Business Administration, and has been honing her work as a mentor and intuitive over the last 3 years through her personal brand.

[Learn more about Mollie's offerings here.](#)

Anne Holloway
Relations Director & Mentor

Alongside child-wrangling, travel, gardening and losing herself in books of all genres...

Anne has worked in almost every role within the online business management, marketing, and communications industry and manages the external mycelium of TMT. She raises awareness for the organisation, plans and delivers campaigns, manages relationships and builds the delivery framework for TMT.

Anne also leads the corporate in-person training in North America, supports our TMT community and is a lead mentor in our online training.

Anne holds a Master's Degree in International Education and currently works as an Integrator for a Creative Entrepreneurship brand and is a founding member of the Mentor Training Collective.