

# THE MENTOR TRAINING

pr kit



# Release

## TMT enrolment open

*The world's first formal mentor training program, available online globally for individuals and organisations, is now open for enrolment.*

The Mentor Training is an 8-month online course with a mix of prerecorded classes, live teaching and Q&A sessions. To become an accredited TMT Mentor, participants must also complete practice sessions, participate in the online community, and attend their 1:1 mentoring sessions with creator Vienda Maria and Associate Director Anna Jordane - these teachings and support allow them to become confident mentors in their field of interest.

Following incredible feedback from 2022 participants, the second edition of The Mentor Training is now open for enrolment until March 30 2023. Training begins on April 1st with live online classes starting Wednesday, April 5, 2023.

At The Mentor Training, our mission is to teach how to connect human-to-human so people can offer others the insights, learnings and skills developed across their life and career.

Mentoring offers an innovative way to rebuild those connections we so crave. Through mentoring we connect with others in the form of a supportive portal to share our skills, knowledge, and art and be the channel for others in their time of vulnerability, desire to learn, and growth. It's a way to connect human-to-human and offer each other the insights we would have otherwise learned in community.

# Key information & links

*Enrolments are now open until March 30, 2023*

*Classes run from April 1st to November 29, 2023*

Website <https://www.thementortraining.com/>

Email [hello@thementortraining.com](mailto:hello@thementortraining.com)

Enrolment page <https://www.thementortraining.com/enrol>

About <https://www.thementortraining.com/about>

Contact <https://www.thementortraining.com/contact>

Instagram <https://www.instagram.com/thementortraining/>

Pinterest <https://www.pinterest.co.uk/TheMentorTraining/>

Images to use [https://drive.google.com/drive/folders/](https://drive.google.com/drive/folders/1xyH7QfbrlEJFO-FRoGl6forEmqJ7Kh1n?usp=share_link)

[1xyH7QfbrlEJFO-FRoGl6forEmqJ7Kh1n?usp=share\\_link](https://drive.google.com/drive/folders/1xyH7QfbrlEJFO-FRoGl6forEmqJ7Kh1n?usp=share_link)

- credit photographer Adele Photography

## **50-word description**

The world's first formal mentor training program, available online globally for individuals and organisations. The Mentor Training is an 8-month course with a mix of prerecorded classes, live teaching and Q&A sessions. TMT allows participants to become professional emotionally aware, trauma-informed and confident mentors in their field of interest.

### **100-word description**

The world's first formal mentor training program, available online globally for individuals and organisations. The Mentor Training is an 8-month course with a mix of prerecorded classes, live teaching and Q&A sessions. To become an accredited TMT Mentor, participants must also complete practice sessions, participate in the online community, and attend their 1:1 mentoring sessions with creator Vienda Maria and Associate Director Anna Jordane - allowing them to become mentors in their field of interest.

Our mission is to teach how to connect human-to-human so mentors can offer others the insights and skills developed across their life and career.

### **150-word description**

The world's first formal mentor training program, available online globally for individuals and organisations is now open for enrolment.

The Mentor Training is an 8-month online course with a mix of prerecorded classes, live teaching and Q&A sessions. To become a TMT Mentor, participants must also complete practice sessions, participate in the online community, and attend their 1:1 mentoring sessions with creator Vienda Maria and Associate Director Anna Jordane - these teachings and support allow them to become confident mentors in their field of interest.

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# Background info

*Mentoring offers an innovative way to rebuild those connections we so crave. Through mentoring we connect with others in the form of a supportive portal to share our skills, knowledge, and art and be the channel for others in their time of vulnerability, desire to learn, and growth. It's a way to connect human-to-human and offer each other the insights we would have otherwise learned in the community.*

Vienda Maria, *founder & director*

Built on her background in psychology — with a deep love for using self-awareness to inform the landscape of life — Vienda has mentored hundreds of women (and a handful of men) through her programs and courses over the past nine years. She offers a safe space to explore oneself — all reflecting a high level of integrity, devotion to personal growth and freedom — invoking attributes of femininity, spirit, and creativity — taking you on a heart-opening journey to remember who you really are. Vienda will teach you everything she knows from a lifetime of holistically supporting and mentoring others.

Anna Jordane, *associate director*

With a background of 10 years in corporate marketing and PR and is a certified Maturation Coach. Anna manages the marketing and behind-the-scenes business operations of The Mentor Training as well as assists in the live calls, leading some Q&A sessions and mentoring our students. She takes incredible care of our students and clients. She makes sure that things get done on time, properly and in an organised way, as joyfully as possible. Her experience in corporate marketing and PR offers compassionate insight into challenges in the workplace within organisations.

# Links to thought pieces

Access the growing list of notes: [https://  
www.thementortraining.com/notes](https://www.thementortraining.com/notes)

The Difference Between Mentoring, Coaching & Therapy: [https://  
www.thementortraining.com/notes/the-difference-between-  
mentoring-coaching-therapy](https://www.thementortraining.com/notes/the-difference-between-mentoring-coaching-therapy)

What do mentors do? [https://www.thementortraining.com/notes/  
as-mentors-we](https://www.thementortraining.com/notes/as-mentors-we)

Overcoming the fear of being seen: [https://  
www.thementortraining.com/notes/overcome-the-fear-of-being-  
seen](https://www.thementortraining.com/notes/overcome-the-fear-of-being-seen)

Setting boundaries as a mentor: [https://  
www.thementortraining.com/notes/setting-boundaries-as-a-  
mentor](https://www.thementortraining.com/notes/setting-boundaries-as-a-mentor)

How mentors can help adults reparent themselves: [https://  
www.thementortraining.com/notes/how-mentors-can-help-adults-  
reparent-themselves](https://www.thementortraining.com/notes/how-mentors-can-help-adults-reparent-themselves)

# Interview the founder Vienda

Vienda Maria is a writer, director of The Mentor Training, founder of Plannher & gatherer of friends, stories & adventures. Moving between the Mallorca coastlines & the London cityscapes.

She's been interviewed on Quartzy, Betty Means Business, Thought Catalogue, Quartz Magazine, Rebelle Society, TinyBuddha, Forge, Vcita & a rolling list of podcasts. Listen here on Spotify.

*If you are interested in interviewing Vienda on topics such as:*

- The difference between mentoring, coaching and therapy
- Mental health, including in the workplace and as entrepreneurs/self-employed
- Wellness and spirituality and how those themes have become completely disengaged from actual wellness and spirituality through capitalism
- Mentors as a vital role in society, the community and the workplace
- How being emotionally literate and trauma-informed makes you a better leader
- Body language, tone of voice identification and co-regulation as key tools for management roles and mentors

*...please email her at [studio@viendamaria.com](mailto:studio@viendamaria.com).*