

THE  
MENTOR  
TRAINING  
COMMUNITY  
WELCOME PACK



# Welcome to TMT Community!

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 Community participant, you will receive a certification in The Mentor Training method and approach.

The Mentor Training Community programme also offers the support of an ongoing community in Telegram, over 20 hours of video content, 2 live calls with TMT teachers, and free mentoring from peers.

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

To change 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 Community training, you'll have received 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.
- Please keep your Zoom link for calls somewhere safe.
- NOTE: To receive your certification you must complete all the training lessons, attend the two live calls and complete this final assessment.

# 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 within your listening partnerships - stays fully confidential.

We also ask you to show up on time to your live teaching calls on time (there are only two!)

*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 Telegram community 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 peer mentoring relationships 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.

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

## Key Dates:

All calls are held at 10 am GMT & 7 pm GMT

**If you want to upgrade to the TMT Leadership program, please let us know before our first live call via email to [hello@thementortraining.com](mailto:hello@thementortraining.com).**

MONTH	COMMUNITY	COMMUNITY SELF-STUDY GUIDANCE
SEPTEMBER	Listening Partnerships Assigned	Module 1
OCTOBER	Live call 1: 9th   10AM / 7PM	Module 2
	Integration & Practice	
NOVEMBER	Live call 2: 20th   10AM / 7PM	Module 3
DECEMBER		Module 4
	<b>END OF PROGRAM</b>	
Certificates issued end of December		

### September

Begin Module 1

Begin Listening Partnerships

### October

Complete Module 1, and begin Module 2

*LIVE CALL: October 9th at 10am GMT or 7pm GMT depending on your Time Zone*

## **November**

Complete Module 2, and begin Module 3

*LIVE CALL: November 20th at 10amGMT or 7pmGMT  
depending on your Time Zone*

## **December**

Complete Module 3, and begin Module 4

Complete your course assessment

Practise mentoring with others for free (up to 10 hours is recommended) using this self-assessment form after each session.

Finish Module 4 by 21st of December

## **Certificates and Completion!**

## **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](mailto: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.

*“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 oversees 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 and admin, 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.](#)