



THE  
MENTOR  
TRAINING  
ESSENTIAL  
WELCOME PACK

# Welcome to TMT Essential!

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.

The Essential TMT program acts as a self-study training where you are solely responsible for the skills, tools and depth of the training you choose to take yourself on. We encourage you to practice complete self-responsibility as you take yourself through the modules and teachings.

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 have received an email with your login information. Please log in to access the course and save the login details somewhere safe!

## 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 self-responsibility during this course. This starts by agreeing that everything shared as part of the program stays fully confidential.

### Ethics

Mentoring happens as part of a relationship between you and your mentee. We ask that you show up with integrity as you navigate the course content. Please always be respectful to others.

The TMT Essential Program is a self-guided, self-study training that you can start and finish at any time. It is intended for people who want to obtain the TMT methods to use primarily with family and friends and for your own growth and evolution.

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

**We are here to support you on your TMT journey**

Further information on the training can be found inside your online classroom.

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, 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.](#)