

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

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 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](mailto: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:

| 2024/2025 | LEADERSHIP CALLS  | LEADERSHIP LESSONS                           |  |
|-----------|---|--|--|
| SEPTEMBER | Live call 1: 4th   10AM / 7PM<br>Live call 2: 18th   10AM / 7PM   | MODULES 1 & 2                                |  |
| OCTOBER   | Live call 3: 2nd   10AM / 7PM<br>Live call 4: 16th   10AM / 7PM   |  |  |
| NOVEMBER  | INTEGRATION BREAK - November                                      |  | M 1&2 Assessment Submission by November 30th |
| DECEMBER  | Live call 5: 4th   10AM / 7PM<br>Live call 6: 18th   10AM / 7PM   |  | MODULES 3 & 4                                |
| JANUARY   | Live call 7: 8th   10AM / 7PM<br>Live call 8: 22nd   10AM / 7PM   |  |  |
| FEBRUARY  | INTEGRATION BREAK - February                                      | M 3&4 Assessment Submission by February 28th |  |
| MARCH     | Live call 9: 5th   10AM / 7PM<br>Live call 10: 19th   10AM / 7PM  | INTERNAL MENTORING PRACTICE SESSIONS         |  |
| APRIL     | Live call 11: 2nd   10AM / 7PM<br>Live call 12: 16th   10AM / 7PM | EXTERNAL MENTORING PRACTICE SESSIONS         |  |
| MAY       | END OF PROGRAM<br>Certificates issued by first week of May        | Final Assessment Submission by April 25th    |  |

- 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 March 2025
- Your final 10 mentoring practice calls held across April 2025
- Two months of live calls to support integration, build your confidence and close off our time together.
- Twelve 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 and 7 pm UK time.

# 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.

## September

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

## October

- 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 October*

## November

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

## December

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

## January

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

## February

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

## March

- Live training calls
- Internal peer-to-peer mentoring sessions
- Consider topic for the final assessment
- 10 *Mentoring self-assessments due end March*



## April

- Live training calls
- Training integration support
- External private client mentoring sessions
- *10 Mentoring self-assessments due end April*
- *Closing Ceremony call*

*IICT Accreditation Certificates issued in May*

## **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 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 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.](#)