

 tt mindfulness

tt mindfulness certified coach

TOMISLAV TOMIC

ACCREDITED PROGRAM

100%
ONLINE
TRAINING





TT MINDFULNESS BY TOMISLAV TOMIC

- A program inspired by the original Mindfulness teachings, enriched by ideas from the book *A Course in Miracles*, and adapted to modern ways of thinking and living.
- Mindfulness-based way to (re)connect with your soul and manifest your soul desires.
- A comprehensive set of methods and strategies that you can apply in your own life ... and also in your work with clients.

tt-mindfulness.com

2023 © Coaching Zone d.o.o. All Rights Reserved.

C O N T E N T S

What is TT Mindfulness
and What Makes It Unique?

The Birth of TT Mindfulness

A Chocolate Cake Perspective

Featured Techniques & Processes

Accredited Certification

Program Details

What Our Students Say

"Free Preview" of the Program

About the Founder of TT Mindfulness

tt-mindfulness.com

WHAT IS TT MINDFULNESS AND WHAT MAKES IT UNIQUE?

Inspired by the original Mindfulness teachings, enriched by ideas from the book A Course in Miracles, and adapted to modern ways of thinking and living.



TOMISLAV TOMIC
The founder of TT Mindfulness

In the last 30 years, Mindfulness has gained much popularity and has become almost mainstream. Most often, it's defined as "focused attention" or "living in the moment" and is presented as a completely secular method for reducing stress and improving quality of life.

However, it's important to understand that Mindfulness isn't just the latest buzzword of the self-improvement industry or a passing trend. The fact is that it has been around for more than 2500 years.


Although it's not tied to any particular religion, Mindfulness is essentially a mystical practice designed to help us connect and align with the "Force" that is the cause of everything that exists, and that is constantly seeking to express itself through everything that exists - including ourselves. If I had to define this "Force" in three words, I'd describe it as unlimited Love, Light and Wisdom.




Over time, however, the method has been modified to appeal to a broader audience and to be accepted in the academic community. As a result, only the secular aspects of the method are known to the general public.

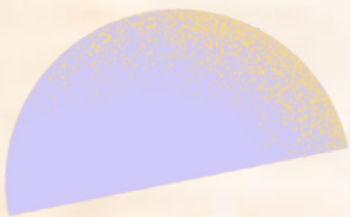
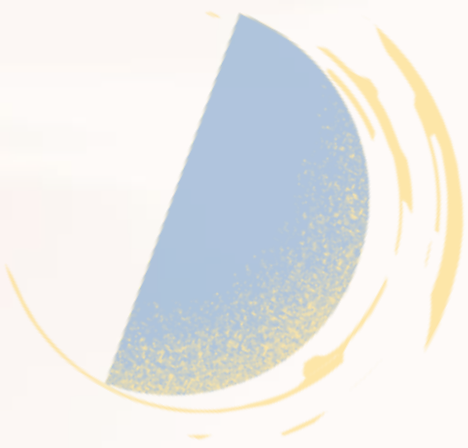
The good news is that even such a modified version of Mindfulness helps people reduce stress and improve their lives in various ways.





But the even better news is that in addition to everything that the modified version of Mindfulness offers, TT Mindfulness goes a step further by giving you a proven and highly structured approach **inspired by the original Mindfulness teachings**, enriched by ideas from the book **A Course in Miracles**, and **adapted to modern ways of thinking and living**, with a special focus on five key goals:

1. **FOCUS** - Develop a strong and sharp focus and learn how to manage distractions effectively.
 2. **ENERGY BLOCKAGES** - Release energy blockages that prevent you from living your soul's purpose.
 3. **EMOTIONS** - Make peace with painful and unpleasant emotions and learn to integrate the messages they bring you.
 4. **SOUL** - Strengthen your connection with your soul and embody your soul energy.
 5. **SOUL DESIRES** - Discover and manifest your soul's desires in the most joyful way.
- 



THE BIRTH OF TT MINDFULNESS

I've been practicing Mindfulness since 1998 and teaching it publicly since 2009. The first version of the TT Mindfulness program was launched in 2016 as a series of 12 live workshops and is still held in this format every year in Zagreb, Croatia (in Croatian/Serbian).

This version of the program (TT Mindfulness Certified Coach) is based on my experience from over 500 live workshops on Mindfulness related topics and numerous 1-on-1 Mindfulness coaching sessions since 2009. It includes only those methods and strategies proven to be highly effective and practical.

The way the program is structured ensures that you can acquire and integrate new knowledge and experiences in the best possible way, while minimizing inner resistance (which inevitably arises with regular Mindfulness practice).



A CHOCOLATE CAKE PERSPECTIVE

And now... let's finally get serious 😊

Imagine if TT Mindfulness were a creamy mystical chocolate cake. Well, here is the recipe for it...

BISCUIT

The BISCUIT in our cake is made purely from Mindfulness ingredients. In fact, Mindfulness in its original form is the foundation of our cake. You will taste it clearly in every bite. It is also carefully baked in a mindfulness-based way.

FROSTING

The FROSTING for our chocolate cake is made with exotic ingredients that will make you feel like you have your own life coach guiding you through this process. Simply put, our mystical cake is wrapped in a crunchy coaching style. All you have to do is take a bite and let the magic of the cake guide you in exploring and discovering your soul's potential.






FILLING

The soft and creamy FILLING consists of teachings about manifesting your soul's purpose. All of the ingredients we use in our filling have been carefully selected to support you and inspire you to make an additional step to align with your soul and the Divine and manifest your soul's desires. Since I know you are a Lightworker, I have added a few secret ingredients to our filling to give you an extra sweet boost on your journey... or should I say on your mission on Earth.

DECORATION

There's a saying that goes: a cake without decoration is no cake. Well, I agree with that. The DECORATION for our chocolate cake is made of fresh, organic ingredients from the book *A Course in Miracles*.





But, I am not talking about some of Marvel's miracles that defy the laws of physics. This would be too mundane for our mystical chocolate cake. As A Course in Miracles outlines, miracles are about changing our perception and seeing Love instead of fear. Miracles are also about releasing our perception of separation from our eternal oneness with perfect Love... and Love tastes yummy too

So, what do you think?
Would you like to take a bite? 😊

TOMISLAV TOMIC



FEATURED TECHNIQUES & PROCESSES

(LEVEL 1)

- The Active Focus Method 1.1
- The Tension Zone Monitoring Method
- The TT Synergy Method 1.1

(LEVEL 2)

- The Active Focus Method 1.2
- The Game of Options Method
- Silencing Your Inner Critic
- The TT Synergy Method 1.2
- The Active Monitoring Method

(LEVEL 3)

- The Active Focus Method 1.3
- The White Room Process
- The TT Synergy Method 1.3

(LEVEL 4)

- Soul Desires Finder
- The Soul Infused Thinking Process
- The Soul Infused Activities Process
- Divine Timing



LEVEL 1

Active Focus 1.1

Develop a sharp and strong focus. Deal effectively with distractions. Learn how to consciously activate, use and develop the "three rays" of mindful attention - the most important "tool" for effective Mindfulness practice.

The T.Z.M. Method

"Catch" painful or unpleasant emotions before they "catch" you and affect your mood and behavior. In other words, "get ahead" of the emotional reaction that usually occurs in challenging situations and offer a "fresh" insight rather than reacting habitually.

TT Synergy 1.1

Learn to make peace with painful and unpleasant emotions and integrate the messages they bring you with our easy-to-use method that you can apply anytime, anywhere.

LEVEL 2

Active Focus 1.2

Improve your ability to focus, turn off your analytical thinking and switch to neutral observation, and increase your awareness of your heart energy center.

The Game of Options

Learn to see your thoughts as mere mental events, not facts. See them as "options" you can choose to experience different realities and participate in the moment in different ways.

Your Wise Inner Critic

Discover who your inner critic really is and why its function is closely related to your soul's purpose. Learn how to silence it when necessary or harness its feedback for productive collaboration.

TT Synergy 1.2

Release hidden blockages that prevent you from expressing yourself from your soul's level.

Use this method when (1) you find that certain experiences repeat themselves frequently and cause you similar painful or unpleasant emotions, or (2) you intuitively sense that an inner blockage is preventing you from moving in the desired direction in some aspect of your life.

Active Monitoring

Elevate your thinking! This method allows you to take a "bird's eye" view of your mind and identify thought patterns that no longer serve you.

LEVEL 3

Active Focus 1.3

Tap into the power of your soul! Our mindfulness-based method helps you connect with your soul, embody its energy, and unleash it into the world around you.

The White Room

Communicate directly with your soul and receive its guidance, insights and additional energy. Experience your soul in a new way, without intermediaries, conditions, prejudices or various "spiritual" theories. Discover the "concept-free" zone in your consciousness.

TT Synergy 1.3

Use the "Mind Cleansing Mantra" to consciously allow the Divine Presence within you to cleanse the blockages in your mind that prevent your soul's energy from flowing freely through you. Allow the natural tendency of the Universe to help you evolve and unlock your soul's potential.

LEVEL 4

Soul Desires Finder

Discover your soul desires. Find out which is most ready to act now. Learn the difference between the "form" and the "essence" of your soul desires. Understand the process of co-creation with your soul. (Soul desires = impulses that emerge from your soul with the intention to co-create with you)

Soul Infused Thinking

"Infuse" the essence of your soul's desires into your conscious mind to expand your vision and align it with your soul's vision.

Soul Infused Activities

"Infuse" the essence of your soul's desires into your physical vibration to align your daily choices and activities with your soul's vision.

Divine Timing

Explore the dimensions of time that affect your soul's desires. Use your mindful attention to find out which dimension you're in, so that you can manifest your soul's desires more quickly.

ACCREDITED CERTIFICATION

Get an internationally recognised and accredited certificate and become a TT Mindfulness Certified Coach.



CERTIFICATE OF COMPLETION

CERTIFICATE NO: A70
JANUARY 14, 2023

 **tt mindfulness certified coach**





This certificate verifies that

Ivona Horvat

has successfully completed TT Mindfulness Coach certification training delivered by Coaching Zone d.o.o. - CPD Standards Office Provider No: 22513.



Tomislav Tomic

Tomislav Tomic
The founder

THE CPD STANDARDS OFFICE
CPD PROVIDER: 22513
2022-2024
www.cpdstandards.com



Why is certification so important in this profession?

- *To show that you have a sufficient level of skill and training to support clients who want to learn Mindfulness and create their lives from the soul level.*
- *People tend to think that certified professionals are better than non-certified professionals, whether they're right or not.*
- *Certification shows that a Mindfulness coach takes their work seriously.*



TT Mindfulness Certified Coach - e-Badge

After certification you'll receive an e-badge that you can display on your website and other promotional materials.



PROGRAM DETAILS

Is this program accredited?

Yes. TT Mindfulness program is certified and accredited by the CPD Standards Office - London, GB (Coaching Zone d.o.o. - CPD provider #22515) / CPD hours: 14.3

Who is it intended for?

For coaches, healers, yoga teachers, and other holistic practitioners who want to gain a deeper understanding of Mindfulness and the process of manifesting soul desires and expand their career opportunities in these areas.

Certification Exam Requirements

The course and exam questions should be completed within one year of purchase. You'll receive one point for each question answered correctly. You need at least 180 points to pass the exam. To receive the TT MINDFULNESS CERTIFIED COACH certificate (in pdf), you must pass the exam and then participate in a 1-on-1 interview (Zoom or Skype). You can download the exam questions [HERE](#).

What is the difference between the Essential version and the Certified Coach version of the program?

The Essential version is designed for participants who want to dive deeply into Mindfulness and soul desire manifestation process **for their own needs**. This version consists of introductory modules and **36 essential training sessions**. It also includes **email support** for a period of **90 days** from the date of purchase.

The Certified Coach version is designed for participants who not only want to dive deeply into Mindfulness and the soul desire manifestation process, but also want to **expand their career opportunities** in these areas.

In addition to the introductory modules and 36 essential training sessions, the Certified Coach version includes:

- **email support** for a period of **180 days** from the date of purchase



- **two 1-on-1 coaching sessions (2 x 45 minutes) Zoom/Skype** with the author of the program
- **certification exam + interview**
- **TT Mindfulness Coach Training Manual** (lifetime access).

What is TT Mindfulness Coach Training Manual?

The TT Mindfulness Coach Training Manual is a document in PDF format that is **updated several times a year**. It includes answers to frequently asked questions and comments on common challenges in using the methods, strategies and processes described in the program, effective business practices, links to relevant interviews, industry news, coaching models and tools appropriate for Mindfulness coaches, etc.

- Available from: February 2024.
- Lifetime access for participants in the Certified Coach version of the program.

WHAT OUR STUDENTS SAY?

The TT Mindfulness program has exceeded my expectations. I got far more than I invested in time and money. Tomislav professionally and with ease introduced me to timeless techniques that "nourish" my being on a mental, emotional and spiritual level. My warmest recommendations for this innovative program where you can only win and lose nothing.

- VESNA BILIC



In a way, this program completed the story I had been working on for years, or as they say, "The teacher comes when you're ready." A new view of spirituality, the physical world and life in general opened up to me. I gained wonderful knowledge about how to achieve my goals and desires more effectively. I learned some new aspects of myself. I'd recommend the program to anyone who is working on becoming a better version of themselves and who wants to realize their potential for which they came into this world.

- LEA FADLJEVIC



Through the TT Mindfulness program, you can become a mindfulness trainer and discover the essence of mindfulness. The program is methodologically interesting, well structured and amazing. It takes you on a journey that enables new perceptions and opens up choices. As you go through the program, you'll notice gradual and subtle changes in yourself. The TT Mindfulness program can be the foundation and starting point for your personal development and transformation. And even if you aren't a beginner, it can take you to a higher level. The program focuses heavily on the practice of mindfulness, but also contains a bit of metaphysics, which sets it apart from other programs and makes it excellent. It's highly recommended!

- NIKOLINA BOSNJAK





“ Brilliant mindfulness program :) I ended up forgetting which version of me started the program, because the version that finished it was definitely the one that created an inner space within itself to embrace everything in it. Liberating and rejuvenating :) I owe a huge, huge thanks to the program creator. I've learned to feel and listen. You inspire and share a valuable practice and part of yourself in your own authentic, gentle, provocative, collaborative and modern way. Thanks! Hugs

- MIRELA SANTIC

An extraordinary experience through which I gained a deeper insight into my spiritual essence and a broader knowledge of the complexity of human nature. I gradually transformed my tendency to exclusion into understanding, both for myself and for others, which greatly facilitated my daily communication. A true recommendation for a wonderful inner journey and an excellent instructor who can creatively communicate this great knowledge to anyone.

”

- LIDIJA LJUBAS KERS



“ I'm exceptionally satisfied with this training. It has given me a different perspective on life, spirituality, philosophy of life and problem solving approaches. I've gained new knowledge and skills that I can use in my personal and professional life and for my personal growth and development. I'd recommend this training to anyone who wants to move forward and develop into a resilient and confident person.

- MELITA SCHMITZ

Through the program I received much more than I expected. It was a beautiful journey through mind, body and soul. With explanations and techniques, I gained insight into my full potential. When you embark on this journey, you'll definitely become a better version of yourself. Priceless.

”

- ANITA HERCEG VISIC



Unexpectedly wonderful journey, different from previous courses ”
I've attended. Full of quality content and information. I did
different types of exercises that I've not seen in other courses. I
liked the simple way Tomislav explained very complex topics. I
learned many new tools that I'll use in my work with my clients.

- SANDRA BERNOBIC

“ The TT Mindfulness program has exceeded my expectations! The
program is well thought out and adapted to different profiles of
people so that each of us can absorb and integrate the knowledge
in a way that is acceptable to us. It's a dynamic and interesting
training that includes the theoretical part, practical examples, daily
exercises, new insights, insights, and many other useful information.
Tomislav isn't only a Mindfulness enthusiast and educator, he lives
it! And you can feel it in his demeanor, his choice of words, and his
energy! I'm glad to learn from Tomislav :-)

- BOZICA ANTUNOVIC

This is no ordinary course, but an important part of the journey of ”
life. With each lecture, I received answers and guidance that I
needed most at that moment. With inspiring lectures, effective
exercises and Tomislav's relaxation, openness and selfless desire to
help everyone, everything becomes easier, more fun and beautiful.

- IVA KREKOVIC

“ "This course helped me connect the dots between
everything I knew about a person's mental-emotional and
psychological structure. I don't even have to mention that
Tomislav's lectures were very interesting, inspiring and
entertaining."

- IVA MARKULIN

This Mindfulness program is designed to give you mental tools to become more aware of what is happening inside you and around you. You'll also find ways to discover your soul's desires and determine your most important goal in life. The program is applicable in everyday situations and I recommend it to everyone without hesitation.

- ROMEO MARKOVIC-TOMAK

“ TT Mindfulness is a well-designed and elaborately developed program that provides theoretical and practical knowledge for the effective use of mindfulness tools in practice, with numerous real-world examples. The program is ideal for anyone who wants to find answers to what is hindering their spiritual growth and the fulfillment of their soul's desires.

- IVANCICA MARKOVIC

I was excited about the TT Mindfulness Certified Coach program from the beginning. The lectures are easy to understand, with many examples, advice and exercises. Tomislav explains everything in understandable language with concrete techniques and real life examples. My job is very stressful and challenging, and with the help of TT Mindfulness I've learned to be even more focused, aware of the moment and my emotions. With the techniques I've learned, stress is no longer a part of my daily life like it used to be. And even when it's there, I know how to manage it more easily.

- DUNJA PALJAR

“ This program has given me a completely new and broader perspective on myself and the world I live in, in a very comprehensive, interesting and practical way. I'm sincerely grateful to my mentor Tomislav Tomic for his knowledge and experience. I can highly recommend this program to anyone who is interested in personal growth and development as a basic requirement for success in all areas of life :)

- SONJA BARKIC

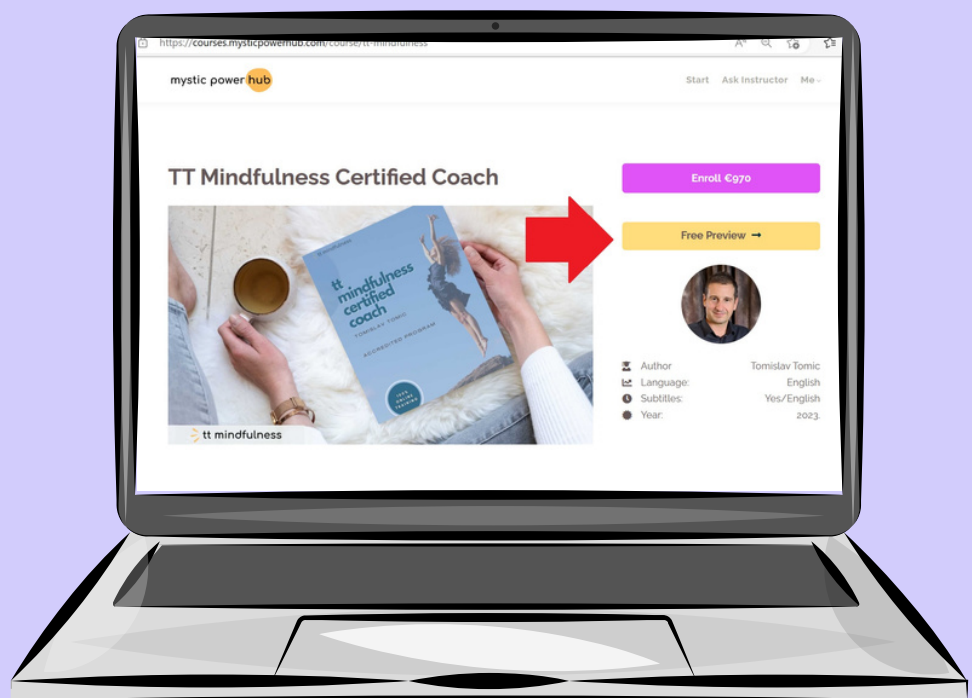
"FREE PREVIEW"

Get Access to a Free Preview of the Program Today!



To learn more details about the program and experience it more directly, we offer you a "free preview". To do so you need to register on MysticPowerHub platform (click on the "Free Preview" button and then sign up). After registering, look for the "Free Preview" section.

Click [**HERE**](#) to register.



TOMISLAV TOMIC

The Founder of TT Mindfulness

... and a passionate fan of good espresso ☺☕



Tomislav has been working as a holistic coach and Mindfulness trainer since 2009. He's the author of four books and over 100 articles on personal and spiritual growth.

In addition to his coaching and authoring work, Tomislav is the founder of TT Coaching - a holistic coaching certification program that has been running successfully since 2012. He also launched the EHSP Coach Program in 2021 - a program for coaches who want to specialize in coaching empaths and highly sensitive people.

For more information, please visit:

English:

<https://mysticpowerhub.com>

<https://www.instagram.com/mysticpowerhub>

Croatian/Hrvatski:

<https://tomislavtomiccoaching.com>

<facebook.com/dobrevibre>

<https://tt-mindfulness.com>

