



MENTORSHIP PROGRAM

Our massage mentorship program is a dynamic learning experience where aspiring massage therapists gain hands-on guidance and support from an experienced professional in the field. This mentorship fosters personal growth, skill development, and deepens understanding of various massage techniques, client care, and business practices. It creates a space for mentees to ask questions, refine their craft, and receive constructive feedback, ultimately helping them build confidence and mastery in their profession.

Our mentorship program follows the **MTAA PD Program Guide for Members (2025–2027)**. Please ensure you have reviewed and understood the contents of this guide.

It is the responsibility of each participant to confirm credit eligibility with their respective professional association. Please note that we do not take responsibility for verifying or securing credit approval on your behalf.

In addition to providing all necessary and properly completed documentation, participants will also receive an official Certificate of Completion at the end of the mentorship program. This certificate serves as formal recognition of your participation and successful fulfillment of the program's requirements and may be used for professional development or continuing education credit, depending on your association's policies.

Sessions are available either in person or via Zoom, offering flexible options to accommodate your schedule and preferences. Sessions can be individualized or conducted in small groups, depending on your learning style and goals.

BUSINESS INFORMATION

Course Business: The Little Massage Company
Instructor Name(s): Kaitlyn Laliberte, RMT
Location: #10 140 Athabasca Ave, Sherwood Park, AB
Website: <http://thelittlemassagecompany.com>
Email: info@thelittlemassagecompany.com





MENTORSHIP PROGRAM

SESSION ONE: INTRODUCTION TO INFANT MASSAGE

90-MINUTE SESSION

This mentorship program is created for massage therapists who want to explore the foundations of infant massage and broaden their scope of practice. It offers a welcoming introduction to working with infants and their caregivers, focusing on essential techniques such as gentle touch, appropriate positioning, and creating a soothing atmosphere. Whether you're just beginning or looking to grow in this area, this mentorship is a thoughtful first step into this rewarding work.

POINTS OF FOCUS

- BENEFITS OF INFANT MASSAGE
- OILS & LOTIONS
- OBTAINING CONSENT/ PRECAUTIONS
- PREPARING YOUR TREATMENT SPACE
- BASIC MASSAGE TECHNIQUES

Please note that this session accounts for 1.5 of the 5 required mentorship hours. The remaining hours will be scheduled and communicated at a later date.

SESSION TWO: INTRODUCTION TO TREATING TORTICOLLIS & INTAKE FORMS

90-MINUTE SESSION

Infant massage therapy can play an important role in supporting babies with torticollis, a condition where little ones favor looking to one side or have tightness in the neck muscles. Through gentle, tailored techniques, massage therapy helps encourage relaxation, increase range of motion, and support healthy development. By reviewing and learning from real case studies, we continue to grow our knowledge and skills, ensuring that every infant receives thoughtful, effective care on their journey toward greater comfort and mobility. Please note that this session accounts for 1.5 of the 5 required mentorship hours. The remaining hours will be scheduled and communicated at a later date.



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SESSION THREE: HYDROTHERAPY DEMO & INFANT MASSAGE 120-MINUTE SESSION

An infant hydrotherapy demonstration provides massage therapists with the opportunity to observe how gentle water-based movement can support infant development, relaxation, and body awareness.

One of the most rewarding parts of training is getting to apply the learned massage techniques with the actual infant population. This hands-on experience allows therapists to practice gentle, safe, and effective touch while observing real infant responses and cues. It bridges the gap between theory and practice, building confidence in working with little ones while deepening the understanding of how massage can support infant health and development.

**5 HOUR MENTORSHIP PROGRAM | \$225.00 + GST
RECEIPTS CAN BE PROVIDED FOR TAX PURPOSES**

TO SECURE YOUR SESSION, PAYMENT MUST BE RECEIVED WITHIN 48 HOURS. UNPAID RESERVATIONS WILL BE RELEASED AFTER THIS TIME. AN OFFICIAL RECEIPT WILL BE ISSUED ONCE PAYMENT IS PROCESSED.