



PENHALLOW ASSOCIATES LIMITED
A Financial Knowledge Company



In Association with Lumos Training & Transformation



Create your own journey!

Leadership Development & Team Coaching Programs
Open Communication & Feedback Training

**Virtual Learning: Duration 6 Hours,
2 Periods over 2 Days,**

Course Price: £640 plus VAT per person.

Dates: 2.10.24(9:30-12:30) & 3.10.24(9:30-12:30)

Discounts for two plus delegates.

Virtual Learning & Live Environment via Video Communication UK.

To book, or, require more information. Please contact Alan Penhallow;

E-mail: alanp@penassco.co.uk

Mobile: +44 (0) 7712086934

This programme may be of interest to your colleagues.

Course Overview

Being able to fully express yourself effectively and meaningfully is priceless. When it comes to corporate settings, it becomes more and more complicated to express ourselves. In this training program you will learn your own barriers as well as ways to overcome them.

There will be a self-assessment to bring light on your personal style of interpersonal influence. Understanding your own style and understanding other ways to influence others will help you develop your effective communication muscles.

Feedback is another important tool to develop a trusted working environment. We will be also working on how to effectively give and receive feedbacks.

Suggested Delegates:

This course is for everyone who wishes to understand their own way of influencing others and on how to communicate openly and effectively.

Agenda

Active listening

Interpersonal Influence Inventory Self-Assessment

Open Communication Tools

Constructive Feedback Formula

This course includes role plays to deepen the learnings.

All our trainings are based on learning through experience.

Trainers Profile

Lemis Tuna Gulgun, CPCC, ORSC Trained Practitioner



Lemis is a Certified Professional Co-Active Coach (CPCC) and Certified Executive Coach from the Coaches Training Institute(CTI). She also completed CRR Global ORSC - Organization & Relationship Systems Coaching Curriculum as a Team Coach.

She has been delivering Team Coaching programs and Leadership Development Programs and Trainings since 2019. Her training and coaching programs engage participants at all levels and triggers

behavioural change in the desired direction making her style unique as a trainer and as a coach.

Graduated from Istanbul Technical University, Electronics and Telecommunication Engineering in 2000, Lemis also completed her MBA degree in Management from Istanbul Technical University, in 2002.

She spent 22 years in Telecom Industry both in Turkey and in United Arab Emirates. She spent the last 6 years of her career as Chief Business Officer in TurkNet, one of the alternative telecom operators in Turkey. She gained thorough understanding of designing business strategies in a highly competitive and dynamic market. She experienced the challenges of being a start-up and a challenger in a highly competitive market as well as the challenges of a multinational corporation where diversity and inclusion plays a big role in leading teams towards success. Her Executive Management skills along with Coaching and Consultancy practice allows her to work successfully with executives, individuals and teams.

Areas of Expertise

Executive Coaching & Leadership

Team Coaching

Leading Through Change – Change Leadership

Creating a Positive Corporate Culture

Nilgün Gokkent, CPCC, ORSC Trained Practitioner



Nilgun is a certified professional coach in different countries and coaches in English and Turkish. Having worked in various countries, she also specializes in intercultural coaching, which is key today to excel in multicultural and complex environments.

Nilgun started her coaching journey in 2016. Nilgun is a Certified Professional Co-Active Coach (CPCC) and Qualified Organization and Relationship Systems Coach (ORSC). Nilgun graduated from BA in 1995 and worked as a banker until June 2018 in Istanbul and Abu Dhabi. She was the bank's volunteer career coach as well.

She is also Zumba and Yoga instructor, married with one daughter. She loves travelling learning and experiencing things.

She also worked in a technology company in Portugal, prior to moving to Bahrain in Sep 2023. She is a part time lecturer in Bahrain Institute of Banking and Finance (BIBF). Her 22 plus years of corporate experience along with extensive coaching skills gives her an edge in the service of her clients, delivering solid business results.

Courses: Parentology by CTI, 7 weeks program of Positive Intelligence and Tony Robbins' 7 days come back challenge program.

Location: Manama, Bahrain.

Language: English, Turkish, Portuguese (A2 level)

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