



**PENHALLOW ASSOCIATES LIMITED**  
A Financial Knowledge Company



**In Association with Lumos Training & Transformation**



*Create your own journey!*

**Leadership Development & Team Coaching Programs**

## **Team Coaching Training**

**Virtual Learning:**

**Duration 6 1/2 days, over 3 Months**

**Course Price: On request.**

**This program is for "teams" only.**

**Minimum 6 Maximum 16 members of a TEAM are required to develop the team coaching program to address the specific needs of the team.**

**Virtual Learning & Live Environment via Video Communication UK.**  
**To book, or, require more information. Please contact Alan Penhallow;**  
**E-mail: [alanp@penassco.co.uk](mailto:alanp@penassco.co.uk)**  
**Mobile: +44 (0) 7712086934**  
***This programme may be of interest to your colleagues.***

## **Program Overview**

Team Coaching is a very powerful methodology to address teams to become the best version of themselves. With the help of team coaching, TEAMS develop their muscles on POSITIVE INTERACTIONS among team members and learn how to work together as a team EFFECTIVELY. The result of team coaching is positive team culture along with better business results.

The program is designed after one on one discovery sessions with the program sponsors and custom designed to address the specific needs of each team.

A sample structure of a team coaching program is as follows:

Module 1: TEAM BUILDING

Module 2: COMMUNICATION

Module 3: BUILDING TRUST

Module 4: CONSTRUCTIVE FEEDBACK & APPRECIATION

Module 5: LEADERSHIP

Module 6: SYNERGY

## **Suggested Delegates:**

TEAMS, maximum size of 16 people.

## **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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