



**PENHALLOW ASSOCIATES LIMITED**  
A Financial Knowledge Company



**In Association with Lumos Training & Transformation**



*Create your own journey!*

**Leadership Development & Team Coaching Programs**  
**Public speaking and effective presentation techniques**

**Virtual Learning: 9 Duration Hours,  
3 Periods over 3 Days,**

**Course Price: £950 plus VAT per person.**

**Dates: 23.10.24(9:30-12:30), 24.10.24(9:30-12:30) &  
25.10.24(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](mailto:alanp@penassco.co.uk) Mobile: +44 (0) 7712086934**

***This programme may be of interest to your colleagues.***

## **Course Overview**

Did you know that, public speaking is a very common form of anxiety? The fear of public speaking, is considered the most common phobia, affecting approximately 75% of people. In this course we will be working on your own fears and finding ways to overcome them.

Either for professional or personal reasons, being able to deliver effective presentations will boost your self-confidence. In this course you will be learning:

- How to overcome your fear of public speaking,
- How to prepare for a public presentation,
- How to address a public audience,
- How to express yourself confidently and effectively,
- Ability to use presentation techniques and materials effectively,
- How to connect with your audience.

## **Suggested Delegates:**

This course is both for everyone who wishes to enhance on public speaking and delivering effective presentations.

## **Agenda**

Public Speaking and managing anxiety

Effective Presentation Skills Phase 1: Preparation

Effective Presentation Skills Phase 2: Delivering the Presentation

Effective Presentation Skills Phase 3: Effective Closing

At the end of the second day each participant will take a presentation homework. Last session will be a feedback session on the real presentation performances.

## **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)

[www.penassco.co.uk](http://www.penassco.co.uk)

© **Copyright 2024.**

***Disclaimer: Statements pertaining to this course are for training purposes only.***

**Company Number 12132522**

**VAT No. 393 3473 73**