



PENHALLOW ASSOCIATES LIMITED
A Financial Knowledge Company



In Association with Lumos Training & Transformation



Create your own journey!

Leadership Development & Team Coaching Programs
Coach-Like Leadership Training

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

Course Price: £950 plus VAT per person.

**Dates: 4.11.24(9:30-12:30), 5.11.24(9:30-12:30) &
6.11.24(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

In our Leadership Development programs, we not only develop good leaders but also, we drive behavioural change. Be it for your personal leadership or for your company, this training program will give you a toolbox to strengthen your leadership style with effective coaching skills.

Leadership requires being a good listener as well as being a good communicator. It is also expected from good leaders to recognize and cultivate the talents of each team member.

Coach-like Leadership training program is designed to develop leaders in those two directions. This program gives individuals a high degree of understanding on the ways to build and lead a team based on trust and open communication.

Suggested Delegates:

This course is both for leaders in people management roles as well as people who wish to obtain a thorough understanding of coach-like leadership method.

Agenda

Leadership vs Management

What are the qualities of a Leader?

What is Coaching and What is Coach-Like Leadership?

Listening as a leadership tool

GROW Coaching Model as a tool for Leadership

Coach-Like Leadership Skillset

Communication toolbox for leaders

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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Company Number 12132522

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