



# Confidence Building Course

An interactive 3-day workshop to help participants explore their personal development and learn how to set themselves goals that they can apply in their day to day lives, and explore options relating to the journey to employment.

Date	Time
Thursday 3rd February 2022	10am to 2pm
Thursday 10th February 2022	10am to 2pm
Thursday 17th February 2022	10am to 2pm

## Location: Mold Town Centre

---

This course is intended for those who would like to improve their confidence and is delivered in an informal and friendly way. Course activities will include some exercises working in small teams, improving communication skills and identifying areas for personal development. The course includes an Agored Cymru Level 1 Award in Personal Development.

This course is fully funded and free for those aged 19+ living in Flintshire.

To book, please email [training@groundworknorthwales.org.uk](mailto:training@groundworknorthwales.org.uk) or phone 01978 757524 and ask for the Training Team.

[www.groundworktraining.org.uk](http://www.groundworktraining.org.uk)

Follow us @GwkNthWales



DCiO Gogledd Ddwyrain Cymru  
North East Wales ACL



# Cwrs Meithrin Hyder

Gweithdy rhyngweithiol 3-diwrnod er mwyn helpu pobl i ystyried eu datblygiad personol , dysgu sut i osod nodau personol y gallant eu defnyddio yn eu bywydau bob dydd , ac ystyried opsiynau yn gysylltiedig â'r daith i sicrhau gwaith.

Dyddiad	Amser
Dydd Iau 3 Chwefror 2022	10am-2pm
Dydd Iau 10 Chwefror 2022	10am-2pm
Dydd Iau 17 Chwefror 2022	10am-2pm

## Lleoliad: canol tref yr Wyddgrug

Cwrs ar gyfer pobl sy'n dymuno dod yn fwy hyderus yw hwn ac mae'n cael ei gyflwyno mewn ffordd anffurfiol a chyfeillgar. Bydd gweithgareddau'r cwrs yn cynnwys rhai ymarferion mewn timau bach, i wella sgiliau cyfathrebu a nodi meysydd datblygiad personol i'w gwella. Mae'r cwrs yn cynnwys Dyfarniad Lefel 1 Agored Cymru mewn Datblygiad Personol .

Mae'r cwrs yn cael ei ariannu'n llawn ac mae am ddim i bobl 19+ oed sy'n byw yn Sir y Fflint.

I archebu e-bostiwch [training@groundworknorthwales.org.uk](mailto:training@groundworknorthwales.org.uk)  
neu ffoniwch 01978 757524 a gofynnwch am y Tîm Hyfforddiant.

[www.groundworktraining.org.uk](http://www.groundworktraining.org.uk)

Dilynwch ni @GwKNthWales



DCiO Gogledd Ddwyrain Cymru  
North East Wales ACL