



ARE YOU BETWEEN 16 & 25 & LOOKING AT GOING INTO EMPLOYMENT?

Our '*Getting Ready for Work*' course could be for you!

24th & 25th September 2019
The Palms Llanelli
9:30am- 2:30pm

The course will cover

- Positive thinking & raising your self confidence.
- Helping you to identifying/recognise skills and abilities.
- Helping you feel motivated, enthused and encouraged to apply for that 'Job'
- Techniques to prepare and sell yourself within an interview.
- Mini mock interview with key questions and model answers.
- How to sell yourself to an employer in a short space of time.
- Personal finance – looking at how to manage finances after your pay.
- How social media can have an effect on future employment options.



To find out more information or to book a space contact Amber through phoning 01554 742663 or text 07901511654





A YDYCH CHI RHWNG 16 A 25 OED AC YN CHWILIO AM WAITH?

Mae'n bosibl y byddai ein cwrs 'Paratoi ar gyfer Gwaith' yn ddelfrydol ar eich cyfer!

Medi 24 & 25 2019
Y Palms Llanelli
9:30yb- 2:30yp

Bydd y cwrs yn cynnwys:

- Meddwl yn bositif a chodi eich hunan-hyder.
- Eich helpu i adnabod/cydnabod sgiliau a galluoedd.
- Eich helpu i deimlo'n frwdfrydig ac yn barod i wneud cais am y 'swydd' honno.
- Technegau i baratoi a gwerthu eich hun mewn cyfswliad.
- Ffug gyfswliad gyda chwestiynau allweddol ac atebion enghreifftiol.
- Sut i werthu eich hun i gyflogwr mewn cyfnod byr o amser.
- Arian personol - edrych ar sut i reoli arian ar ôl cael eich talu.
- Sut y gall y cyfryngau cymdeithasol effeithio ar ddewisiadau cyflogaeth yn y dyfodol.



I gael rhagor o wybodaeth neu i archebu lle, cysylltwch ag Amber drwy ffonio 01554 742663 neu anfonwch neges destun i 07901511654