

# Camu Allan

Yn helpu chi symud ymlaen...

## Gwnewch y newid heddiw

Ydych chi'n ddi-waith neu'n teimlo fel eich bod chi'n methu gweithio? Mae mentoriaid yma i'ch helpu i ddechrau ar lwybr posib i gyflogaeth.

I chi, gall hyn fod yn cynyddu eich hyder, ennill sgiliau neu wella'ch cymhelliant. I eraill, gall hyn fod yn symud i gyflogaeth, trefnu lleoliad gwirfoddoli neu hyd yn oed gymryd camau mewn i addysg bellach.

### Mae'r rhaglen 8 wythnos yn gallu eich helpu chi:

- Adeiladu CV
- Datblygu sgiliau cyfweiliad
- Defnyddio cyfrifiadur
- Adeiladu hyder
- Gweithio mewn tîm
- Datblygu cymhelliant

### Cymwysterau a gydnabyddir yn genedlaethol am ddim mewn:

- Diogelwch Bwyd
- Cymorth Cyntaf

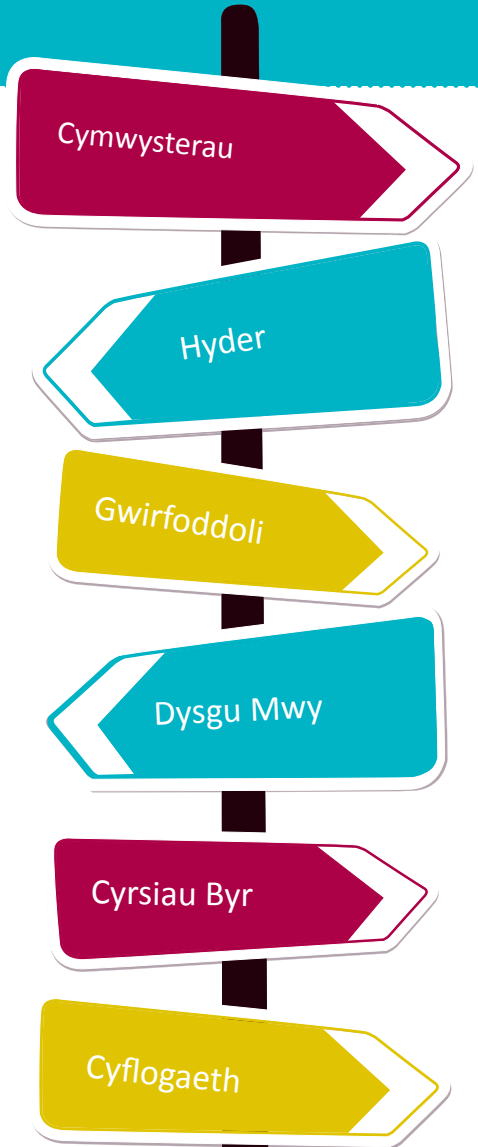
### Cysylltwch â ni heddiw:

Coleg Sir Benfro yn cyflwyno'r prosiect Camu Allan ar draws Ceredigion

Cyswllt â: Susan neu Tim

Ffôn: 01970 636 617

E-bost: [ai@pembrokeshire.ac.uk](mailto:ai@pembrokeshire.ac.uk)



COLEG Sir Benfro  
Pembrokeshire COLLEGE

Mae'r prosiect Camu Allan yn cael ei gyflwyno a'i reoli o fewn yr Adran Cyflogadwyedd yng Ngholeg Sir Benfro.



# Stepping Out

Giving you a helping hand to move forward...

## Make that change today

Are you currently out of work or perhaps feeling unable to work? Our mentors are here to help you start out on a possible path to employment.

For you, this may be building your confidence, gaining skills or increasing your motivation. For others it may be moving into employment, a volunteering position or even taking steps into further education.

### An 8 week programme to help you:

- Build a CV
- Develop interview skills
- Use a computer
- Build confidence
- Work in a team
- Gain motivation

### Free nationally recognised qualifications in:

- Food Safety
- First Aid

### Get in touch today:

Pembrokeshire College delivering the Stepping Out Project across Ceredigion

Contact: Susan or Tim

Telephone: 01970 636 617

Email: [ai@pembrokeshire.ac.uk](mailto:ai@pembrokeshire.ac.uk)



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The Stepping Out project is delivered and managed from within the Employability Department at Pembrokeshire College.

