

Datblygu arferion da o ran datblygu cymunedol a hynny trwy hyfforddiant



Developing community development practice through training

Enw'r cwrs:

'NID HWN YW'R CWRS I MI?!'
(ENNYN HYDER) RHAN 2

Crynodeb:

Dilyniant i Rhan 1 sy'n rhoi cyfle i'r grŵpiau adeiladu ar yr hyn maent eisoes wedi ddyysgu.

Y pynciau dan sylw:

- ☞ Sut y byddwn yn goresgyn ein hofnau
- ☞ Sut ydym yn tynnu bob dim at ei gilydd?
- ☞ Beth am y darlun mawr
- ☞ Sut ydym yn cefnogi eraill i ddatblygu eu hyder?
- ☞ Sut y bydd cymunedau'n ennill hyder?

Arddull:

Tebyg mewn arddull i Rhan 1. Mae'r pwyslais ar drafodaeth a gweithgareddau ymarferol.

Nifer yr wythnosau: 14
Oriau bob wythnos: 2
Maint y grŵp: 8-10

Achrediad:
Rhwydwaith y Coleg Agored

Name of course:

'THIS COURSE ISN'T FOR ME?!'
(CONFIDENCE BUILDING) PART 2

Summary:

This is a follow-on from Part 1 and gives groups the opportunity to build on what they've already learnt.

Topics covered:

- ☞ How do we overcome our fears?
- ☞ How do we bring all the different things we've learnt together
- ☞ What about the bigger picture?
- ☞ How do we support others to develop confidence?
- ☞ How do communities become confident?

Style:

Similar in style to Part 1. The emphasis is on discussion and practical activities.

Number of weeks: 14
Hours per week: 2
Size of group: 8-10

Accreditation:
Open College Network

