

Working on Wellbeing Gweithio ar Les

Cymorth cyflogaeth yng Nghymru Employment support in Wales

Working on Wellbeing is an employment training and support programme for disabled people in Wales. We will work with you to develop a programme around your career goals and how you can achieve them.

Working on Wellbeing will support you to:

- understand your career goals
- grow in confidence and assertiveness
- write your CV
- develop your interview skills
- find and apply for volunteering, training or employment opportunities
- talk about disability in the workplace

If you are an Additional Learning Needs Co-ordinator (ALNCo) working with pupils aged over 16, we also offer training through our partners [Legacy International Group](#).



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Rhaglen hyfforddi a chymorth cyflogaeth i bobl anabl yng Nghymru yw Gweithio ar Les. Byddwn yn gweithio gyda chi i ddatblygu rhaglen o amgylch eich nodau gyrfa a sut y gallwch eu cyflawni.

Bydd Gweithio ar Les yn eich cefnogi i:

- deall eich nodau gyrfa
- magu hyder ac penderfyniadau
- ysgrifennu eich CV
- datblygu eich sgiliau cyfnewid
- dod o hyd i gyfleoedd gwirfoddoli, hyfforddi neu gyflogaeth a gwneud cais amdanynt
- siarad am anabledd yn eich lle Gwaith

Os ydych chi'n Gydlynnydd Anghenion Dysgu Ychwanegol (ALNCo) sy'n gweithio gyda disgyblion dros 16 oed, rydym hefyd yn cynnig hyfforddiant trwy ein partneriaid [The Legacy International Group](#).

SCOPE = Equality for disabled people