



Gwytnwch, Iechyd a Lles 3rd Hydref 2018

Oes arnoch chi eisiau dysgu mwy am wytnwch fel rhan o ffordd iach o fyw?
Ydych chi'n gweithio gyda phobl sy'n cael problemau wrth hunan-reoli eu hiechyd a'u lles?
Hoffech chi ddysgu sut i helpu rhagor o bobl i ddatblygu gwytnwch, iechyd a lles?
Hoffech chi wybod mwy am y Pum Ffordd at Les, Dinasyddiaeth Fyd-eang, Digwyddiadau Niweidiol yn ystod Plentyndod a Hunan-dosturi?

Mae'r diwrnod astudio hwn yn addas ar gyfer unrhyw un sy'n gweithio gyda, neu sydd mewn cysylltiad â, gwasanaethau iechyd a gofal cymdeithasol, gan gynnwys ond nid yn gyfyngedig i sefydliadau'r trydydd sector.

Lleoliad: Prifysgol Bangor, Campws Wrexham

Cysylltwch â ni

Am ragor o wybodaeth, cysylltwch â:

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I archebu, dilynwch y ddolen hon:

<https://shop.bangor.ac.uk/product-catalogue/coleg-gwyddorau-iechyd-ac-ymdygiad-college-of-health-and-behavioural-sciences>

Amser	Gweithgaredd
9.30 – 10	Cofrestru
10 - 11	Croeso a Throsolwg o Wytwnwch Iechyd a Lles
11-11.15	Egwyl gwytnwch
11.15 – 12.30	Gweithdy 1
12.30 - 1.30	Cinio a rhwydweithio
13.30 – 14.30	Gweithdy 2
14.30-14.45	Egwyl gwytnwch
14.45 – 15.30	Adborth a chloi.



Resilience, Health & Wellbeing 3rd October 2018

Do you want to learn more about resilience for a healthy lifestyle?
Do you work with people who are having problems self-managing their health and wellbeing?
Would you like to learn how to help more people to develop resilience, health and wellbeing?
Would you like to know more about the Five Ways to Wellbeing, Global Citizenship, Adverse Childhood Events (ACEs) and Self-Compassion?

This study day is suitable for anyone working in or in contact with health and social care services, including but not limited to third sector organisations.

Location: Bangor University, Wrexham Campus

Get in touch

For more information please contact:

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To book, follow this link:

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Time	Activity
9.30 – 10	Registration
10 – 11	Welcome and Overview of Resilience Health & Wellbeing
11-11.15	Resilience break
11.15 – 12.30	Workshop 1
12.30 - 1.30	Lunch and networking
13.30 – 14.30	Workshop 2
14.30-14.45	Resilience break
14.45 – 15.30	Feedback and close.