EIN DYFODOL - I'R DIWYDIANT







ACTIO SGRÎN







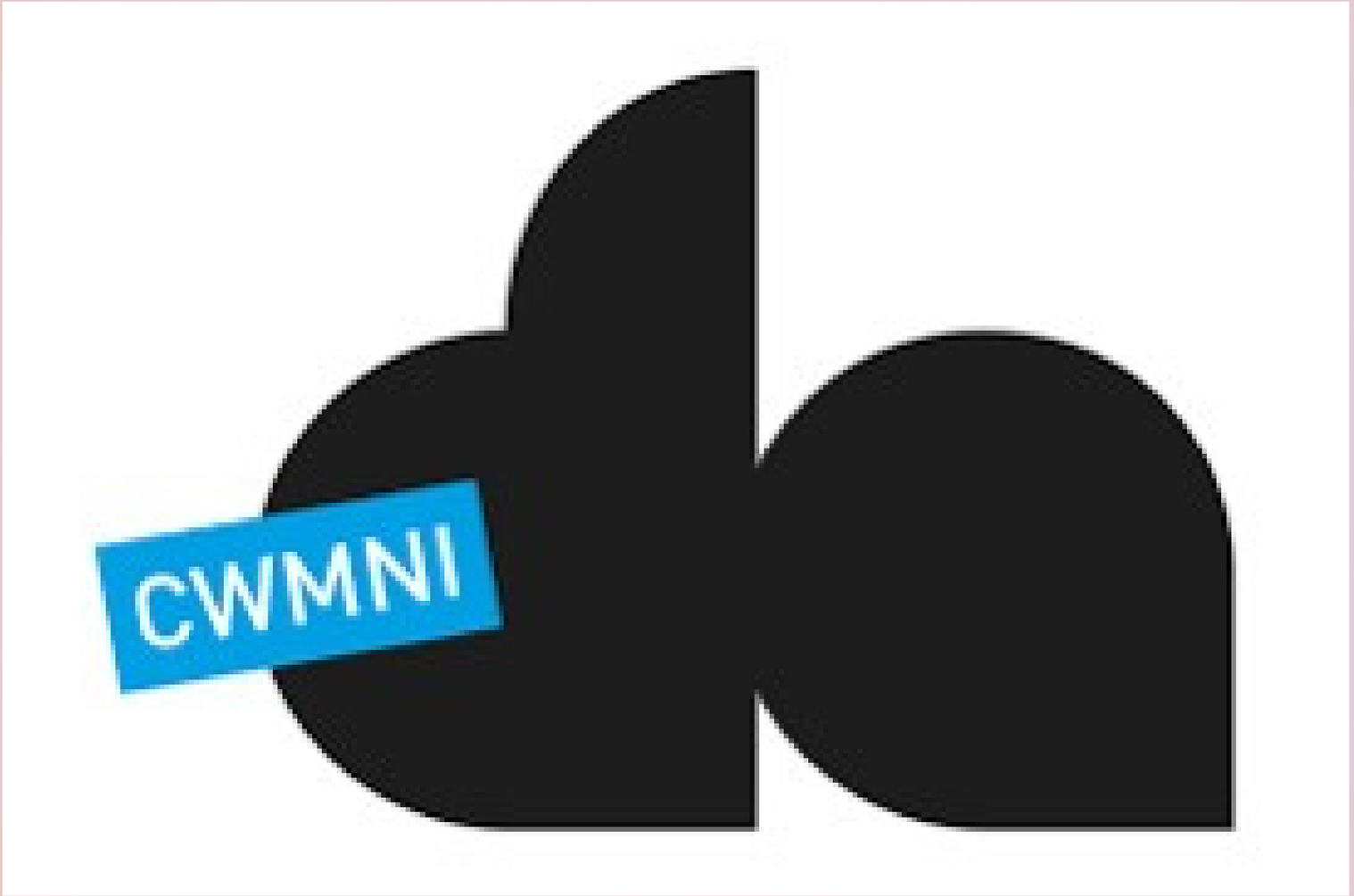
CYCHWYNBWYNT - YN SYTH I'R DIYWDIANT

Llinell Amser:

- Graddio.
- Cael swydd byr-tymor.
- Cael asiant.
- Clyweliadau.
- Swyddi.




S4C


CWMNI

Manteision ac Anfanteision:

Manteision:

- Actio naturiolaidd neu deledu plant.
- Amgylchiadau dan reolaeth.
- Cyfleoedd am dyfiant gyrfaol.
- Cynulleidfa eang.
- Amryw o rolau.

Anfanteision:

- Proses saethu hir.
- Proses hir o dorri mewn.
- Llai o reolaeth creadigol.
- Cyfradd uchel o gael dy wrthod.
- Yn ddrud yn ariannol a meddyliol.
- Diffyg cysylltiadau.

“Prior research suggests those working within the acting profession experience significant levels of distress.”

Chen, C.P. and Jagtiani, K., 2021. Helping actors improve their career well-being. Australian Journal of Career Development, 30(1), pp.55-63.



Simon Watts - Actio 2

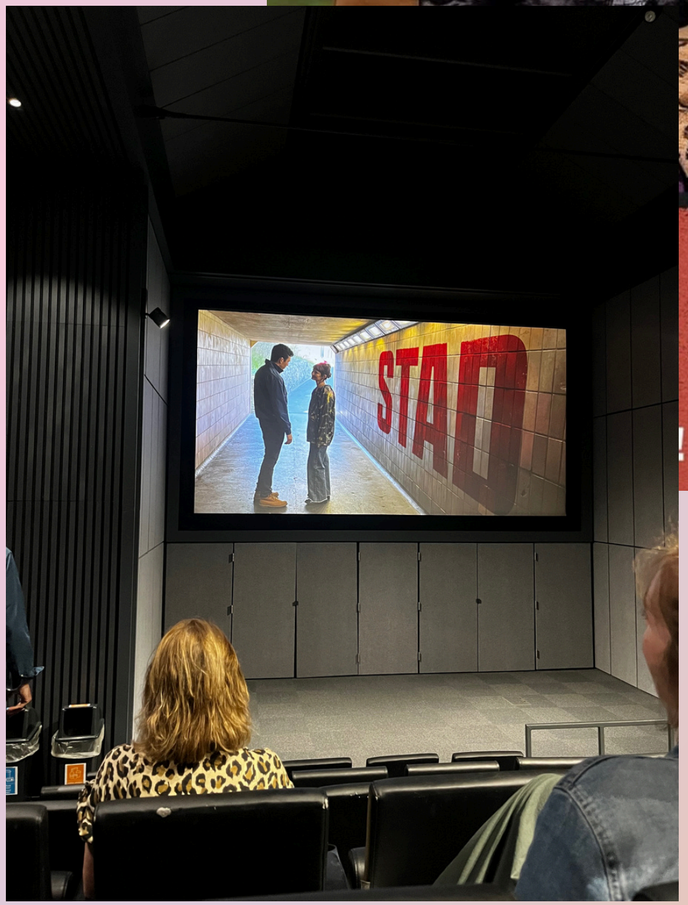

LG


CAMERA 1
CAMERA 2
No Signal
LG









KIM

- Merch Susan a Tony
- Digywilydd
- Rhegi fatha trŵpar



Gareth Elis - Sgiliau Cyfweld

Cymorth gorau:

- Clyweliad yn dechrau o’r ystafell aros.
- “Hawliwch eich lle.” *(Elis. G, 2024)*
- Dysgu’r darn gosod yn dda.
- Gwylio’r cynhyrchiad.
- Edrych fel person cyflogedig.



Siaradwr Gwadd - Stifyn Parri

Cymorth gorau:

- Adrenalin = petrol, Anadl = breaks.
- Cx4: Calm, control, clarity, confident.
- Gwahaniaethu rhwng lefel sain y llais a lefel egni’r llais:

1. siarad gyda dy hun.
2. siarad gyda rhywun arall.
3. llais clyweliad.
4. llais mwy na 2 berson mewn ystafell.

“Rationalize your fears.”

(Parri. S, 2024)

“Rationalization is a psychological defense mechanism. It involves justifying thoughts, feelings, or behaviors with logical reasons to avoid confronting the true, often uncomfortable, underlying causes.”

Claney, Cr. Carly. “Relational Psych - Seattle.” Relationalpsych.group, 26 Nov. 2024, www.relationalpsych.group/articles/understanding-rationalization-as-a-defense-mechanism.

S.W.O.T

Cryfderau:

- Cyrhaeddiad eang.
- Hirhoedledd ac etifeddiaeth.
- Mynegiant creadigol.
- Potensial enillion uchel.
- Cyd-weithio a gweithwyr proffesiynol.

Gwendidau:

- Llwybr gyrfa ansefydlog.
- Cystadleuaeth ddwys.
- Craffu cyhoeddus.
- Castio-teip.
- Gofynion emosiynol a chorfforol eithafol.

Cyfleoedd:

- Llwyfannau ffrydio a digidol.
- Y farchnad fyd-eang.
- Datblygu sgiliau.
- Presenoldeb cyfryngau cymdeithasol.
- Cynhyrchiadau annibynnol ac ar-lein.

Bygythiadau:

- Torri mewn i’r diwydiant.
- Technoleg AI a CGI.
- Dirywiadau economaidd.
- Risgiau iechyd.
- Risgiau diwylliant ‘canslo’.

“The emergence of cancel culture has become a widely recognised phenomenon.”

Carvell, M. and Nordgren, A., 2023. The Cancel Culture Conundrum: Exploring the Risks for Influencer Marketing.

- Emily. A Vogels
- 2020: 44%
- 2022: 61%

Vogels, Emily A. “A Growing Share of Americans Are Familiar with “Cancel Culture.”” Pew Research Center, 9 June 2022, www.pewresearch.org/short-reads/2022/06/09/a-growing-share-of-americans-are-familiar-with-cancel-culture/.

Llyfryddiaeth:

- Elis. G, 2024
- Parri. S, 2024
- Claney, Cr. Carly. “Relational Psych - Seattle.” Relationalpsych.group, 26 Nov. 2024, www.relationalpsych.group/articles/understanding-rationalization-as-a-defense-mechanism.
- Carvell, M. and Nordgren, A., 2023. The Cancel Culture Conundrum: Exploring the Risks for Influencer Marketing.
- Vogels, Emily A. “A Growing Share of Americans Are Familiar with “Cancel Culture.”” Pew Research Center, 9 June 2022, www.pewresearch.org/short-reads/2022/06/09/a-growing-share-of-americans-are-familiar-with-cancel-culture/.
- Chen, C.P. and Jagtiani, K., 2021. Helping actors improve their career well-being. Australian Journal of Career Development, 30(1), pp.55-63.

Unrhyw gwestiynnau?

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Diolch am wrando!