



**Prifysgol Cymru**  
Y Drindod Dewi Sant  
**University of Wales**  
Trinity Saint David

*Trawsnewid Addysg, Trawsnewid Bywydau*  
*Transforming Education, Transforming Lives*

**ADY / ALN**

**ECAD6018**

# Heddiw - Today

01

Croeso a  
corfestu!



02

Gryfderau -  
Strengths



03

Gweithgaredd  
Trefnu –  
Sorting activity



04

Cryfderau  
Personol –  
Personal  
Strengths



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# Gryfderau - Strengths

Pa Gryfderau Sydd Angen ar CADY?  
What Strengths Does an ALNCo Need?

- Empathi
- Amynedd
- Gwydnwch
- Cydweithio
- Meddwl strategol
- Eiriolaeth

- Empathy
- Patience
- Resilience
- Collaboration
- Strategic thinking
- Advocacy



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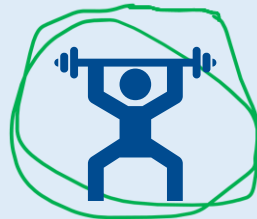
# Gryfderau - Strengths

[CHARACTER STRENGTHS.docx](#)



## Meddwl-Pâr-Rhannu

- Dewiswch 3 chryfder cymeriad rydych chi'n teimlo sydd gennych
- Rhannwch sut rydych wedi'u defnyddio yn ystod eich lleoliad



Think, Pair, Share

- Choose 3 character strengths you feel you embody
- Share how you've used them during placement

# Gweithgaredd Trefnu - Sorting Activity

ESSENTIAL

HELPFUL

NOT NEEDED

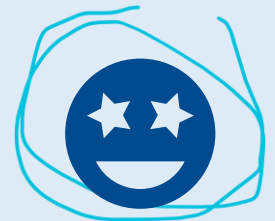
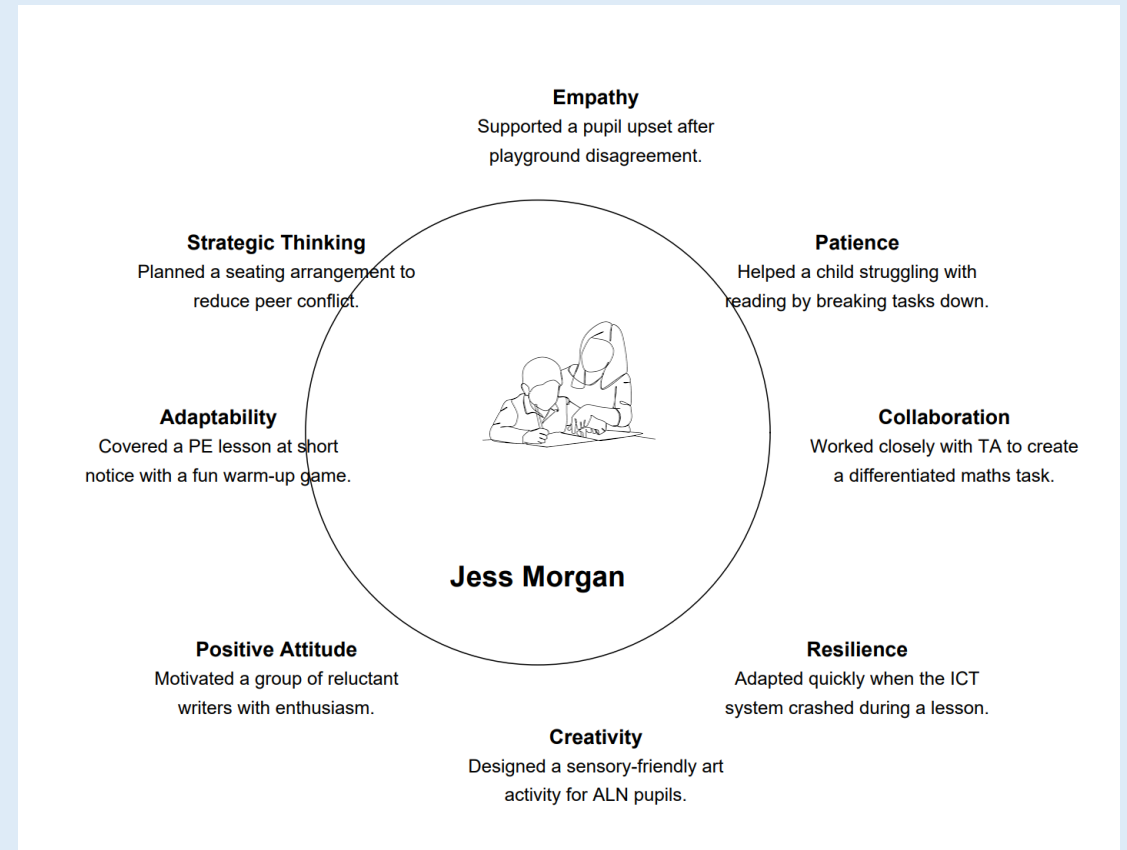
|                             |                                        |
|-----------------------------|----------------------------------------|
| Empathy<br>Empathi          | Resilience<br>Gwydnwch                 |
| Collaboration<br>Cydwelthio | Advocacy<br>Eiriolaeth                 |
| Patience<br>Amymedd         | Compassion<br>Tosturi                  |
| Adaptability<br>Addasrwydd  | Positive<br>Cadarnhaol                 |
| Creativity<br>Creadigrwydd  | Strategic Thinking<br>Meddal Strategol |



# Cryfderau Personol - Personal Strengths

Yn y canol, ysgrifennwch eich enw. O amgylch y canol, ysgrifennwch neu dynnwch eich cryfderau cymeriad cryfaf. Meddyliwch am eich profiadau ar leoliad: pryd ydych chi wedi dangos empathi, gwydnwch, creadigrwydd, cydweithio, ac ati?

In the centre, write your name. Around the outside, write or draw your strongest character strengths. Think about your placement experiences: when have you shown empathy, resilience, creativity, collaboration, etc?



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