



Train the Trainer In Welsh

Academi Wales - Train the Trainer in Welsh

Academi Wales is delighted to offer the opportunity for Public Service trainers to train in three Academi Wales programmes through the medium of Welsh. These sessions will include training programme deliver, running through trainer notes and the opportunity for Q&A with the trainer, enabling you to deliver these programmes within your own Public Service and Third Sector organisations. Across Wales.

These programmes will be delivered at the Urdd Gobaith Cymru centres in Cardiff Bay and Glan-llyn.

Managing Change Successfully (5th, 6th and 7th Oct 2015—Cardiff)

We've designed this highly successful programme to address the development needs of managers and leaders responsible for delivering change. Delegates will gain a practical insight into the skills and knowledge needed to manage change successfully. We combine this with an organisational development perspective - focusing on people, structures, cultures and systems. The aim of this programme is to build expertise in managing change. This will support new models of service delivery in the transformation of the Welsh public service.

Applied Positive Psychology

(11th Nov 2015—Cardiff)

(21st Jan 2016—North Wales)

The idea that success flows from happiness is one of the core principles of positive psychology, this session explores how we can create a happier and more successful workplace. The session will develop ideas around:

- applying the principles of positive psychology at work
- increasing your own and others happiness, satisfaction and success at work through practical daily activities
- developing a better positive comment ratio at work
- designing jobs and tasks to increase the experience of Flow
- creating new and lasting positive behaviours for yourself and others

Building Effective Relationships

(11th Nov 2015—Cardiff)

(21st Jan 2016 —North Wales)

Our ability to form and maintain effective relationships at work and home is an essential part of our lives and a foundation for success. We all share a basic desire for positive connection with others. This session focuses on:

- creating a map of your current relationships
- identifying which of the 5 key values are present in each relationship
- exploring how relationships might be improved
- recognizing the four types of negative interactions that damage relationships
- developing more positive relationships using a number of proven techniques

To reserve a place email
academiwales@wales.gsi.gov.uk