

# Enhancing Performance and Wellbeing

## Coaching and Mentoring in the Workplace

**28th November 2018**

The Village Hotel,  
Swansea

The Wales Institute for Work Based Learning (WIWBL) is delighted to announce its inaugural one-day Conference on Coaching and Mentoring in the Workplace. Linking performance with wellbeing, the Conference will provide an excellent opportunity to hear from international experts in the field with Keynotes from Prof Stephen Palmer (Professor of Practice, WIWBL) and Dr Peggy Marshall (Nationwide, US) as well as participate in workshops on coaching practice and supervision.

As part of the University of Wales Trinity Saint David, WIWBL has a strong background in training coaches and mentors for the workplace and is delighted to extend an invitation to buyers of coaching, practitioners, Masters/Doctoral researchers and our alumni to share best practice and research in the field.

Senior practitioners and researchers in the field will contribute to parallel sessions on the themes of wellbeing in **Coaching Context, Methods of Inquiry, Coaching within Education and Living Case Studies of Practice**. The presentations will be through workshops, performance/

practice demonstrations as well as the more formal research presentations.

This conference will also launch the **WIWBL Coaching Society**, a cross-Wales hub for coaching research and practice development and attendees will be offered free associate membership for the first year.

If you would also like to directly contribute through a poster then please submit an abstract of your presentation through our webpage **by the 31st August 2018**.

[www.uwtsd.ac.uk/wiwbl/  
CoachingConference](http://www.uwtsd.ac.uk/wiwbl/CoachingConference)

### Explore

Practitioners -- explore the best evidence on how to develop your coaching and marketing potential to take your practice further.  
Researchers -- explore the new directions in coaching.

### Connect

Network with researchers and senior practitioners to influence research and practice in the field.

### Achieve

Share your research and practice in a supportive and engaged environment.

Cost per attendee: £125  
For further details, please contact:  
[coaching@uwtsd.ac.uk](mailto:coaching@uwtsd.ac.uk)

# Hybu Perfformiad a Lles

## Hyfforddi a Mentora yn y Gweithle

**28 Tachwedd 2018**

'The Village Hotel',  
Abertawe

Mae Athrofa Cymru ar gyfer Dysgu Seiliedig ar Waith (ACDSaW) wrth ei bodd i gyhoeddi ei Chynhadledd undydd cyntaf ar Hyfforddi a Mentora yn y Gweithle. Gan gysylltu perfformiad â lles, bydd y Gynhadledd yn gyfle gwych i glywed gan arbenigwyr rhngwladol yn y maes gyda phrif areithiau gan yr Athro Stephen Palmer (Athro Ymarfer, ACDSaW) a Dr Peggy Marshall (Nationwide, UDA) yn ogystal â chymryd rhan mewn gweithdai ar arfer hyfforddi a goruchwyliaeth.

Fel rhan o Brifysgol Cymru Y Drindod Dewi Sant, mae gan ACDSaW gefndir cryf mewn hyfforddi hyfforddwyr a mentoriaid ar gyfer y gweithle ac mae'n falch iawn o **ymestyn gwahoddiad i brynwyr hyfforddiant, ymarferwyr, ymchwilwyr Meistr / Doethuriaeth a'n cyn-fyfyrwyr i rannu arfer da ac ymchwil yn y maes.**

Bydd uwch ymarferwyr ac ymchwilwyr yn y maes yn cyfrannu at sesiynau cyfochrog ar themâu lles mewn **Cyd-destun Hyfforddi, Dulliau Ymchwilio, Hyfforddi mewn Addysg ac Astudiaethau Achos Byw yn ymneud ag Arfer.** Bydd y cyflwyniadau trwy weithdai, arddangosiadau

perfformiad / ymarfer yn ogystal â'r cyflwyniadau ymchwil mwy ffurfiol.

Bydd y gynhadledd hon hefyd yn lansio **Cymdeithas Hyfforddi ACDSaW**, a fydd yn ganolbwyt i Gymru gyfan ar gyfer ymchwil hyfforddi a datblygu arfer, a chynigir aelodaeth gysylltiol am ddim am y flwyddyn gyntaf.

Os hoffech chi hefyd gyfrannu'n uniongyrchol trwy boster yna anfonwch grynodeb o'ch **cyflwyniad trwy ein gwefan erbyn 31 Awst 2018.**

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### Archwilio

Ymarferwyr - archwiliwch y dystiolaeth orau ar sut i ddatblygu eich potensial hyfforddi a marchnata i fynd â'ch arfer ymhellach.  
Ymchwilwyr - archwiliwch y cyfeiriadau newydd mewn hyfforddi.

### Cysylltu

Cyfle i rwydweithio gydag ymchwilwyr ac uwch ymarferwyr i ddylanwadu ar ymchwil ac arfer yn y maes.

### Cyflawni

Rhannwch eich ymchwil ac arfer mewn amgylchedd cefnogol a chyfranogol.

Cost mynychu: **£125**  
Am ragor o fanylion, cysylltwch â:  
[coaching@uwtsd.ac.uk](mailto:coaching@uwtsd.ac.uk)



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