

Cymhelliant i gyflawni

Collodd Jake ei swydd mewn bwyty lleol yn ddiweddar. Cafodd hyn effaith mawr ar ei hyder.

Yn dilyn ei gyfarfod cyntaf â'i fentor ADTRAC, amlygwyd bod Jake yn llawn cymhelliant ac yn awyddus i ddod o hyd i waith cyn gynted â phosib, ond roedd yn amlwg ei fod angen help i wneud hyn. Roedd hunanhyder yn rhwystr mawr yn achos Jake ac roedd hefyd yn ansicr ynglŷn â'i sgiliau ysgrifennu a chyfathrebu.

O ganlyniad i gydweithio agos rhwng ADTRAC a'r Ganolfan Byd Gwaith, llwyddodd Mentor ADTRAC Jake i'w gefnogi i ddatgelu rhai o'i rwystrau wrth ei Hyfforddwr Gwaith. O ganlyniad, roedd yr Hyfforddwr Gwaith yn gallu ysgwyddo ychydig o'r pwysau yr oedd Jake yn ei deimlo i chwilio am waith a gwnaeth hyn iddo deimlo ei fod dan lai o bwysau. Roedd hyn yn ei alluogi i ganolbwyntio ar ganfod swydd a fyddai'n ei weddu'n well.



Cyda chefnogaeth ei fentor ADTRAC, aeth Jake ati i greu sawl cyfrif ar wefannau chwilio am waith, cafodd gefnogaeth i ysgrifennu ei CV ac yna aeth i sesiynau a oedd yn trafod ymgeisio am swyddi ac ymarfer ei sgiliau cyfweld.

Cyflwynodd Jake sawl cais am wahanol swyddi ar ei liwt ei hun wedi iddo dderbyn cefnogaeth ADTRAC, ac yn dilyn sawl wythnos o ymarfer ar gyfer cyfweliadau, aeth i dri chyfweliad ac roedd yn llwyddiannus ym mhob un ohonynt. Penderfynodd dderbyn swydd ran-amser yn Wilko's Porthmadog, ac mae'n mwynhau'r swydd yn fawr ac wedi gwneud ffrindiau newydd.

Dywedodd Mentor ADTRAC Jake: "Wrth i mi weithio gyda Jake mi wnes i sylweddoli bod yr hyblygrwydd sydd gan staff ADTRAC i gyfarfod â phobl ifanc yn y llefydd lle maen nhw fwyaf cyfforddus yn rhan allweddol o feithrin a chynnal perthnasau gyda'r bobl ifanc sy'n dod atom ni yn ADTRAC. Pan wnes i gyfarfod â Jake am y tro cyntaf ro'n i'n gallu gweld ei fod yn llawn cymhelliant i ddod o hyd i waith cyn gynted â phosib. Wedi iddo lwyddo i gael swydd ro'n i hefyd yn gallu gweld pa mor fuddiol oedd cael mynediad at y math hwn o gefnogaeth. Weithiau, roedd diffyg hyder yn broblem yn achos Jake, a wnes i ddim sylweddoli cymaint o effaith y gallai'r prosiect a'r gefnogaeth ei gael ar bobl ifanc o ran magu hyder.

Roedd hi'n bleser gweithio gyda Jake ac roedd ei gymhelliant a'i awydd i lwyddo yn rhan allweddol bwysig. Yr unig beth oedd ei angen arno oedd ychydig o gefnogaeth i fagu hyder ynddo'i hun a chymorth i'w baratoi ar gyfer cyfweliadau gan nad oedd o wedi cael cyfweliad ffurfiol o'r blaen. Yn dilyn derbyn cefnogaeth gan ADTRAC, dwi'n siŵr pe bai Jake yn canfod ei hun yn yr un sefyllfa eto heb waith, y byddai'n fwy na hapus i chwilio am waith heb unrhyw gymorth o gwbl.

Mae wedi magu llawer iawn o hyder ers i mi ei weld am y tro cyntaf ac mae wedi dweud wrtha' i ei fod yn teimlo bod ei fywyd yn fwy sefydlog a'i fod yn hapus iawn. Mae'n ased i gwmni Wilko a bydd yn parhau i weithio'n galed i wella ei ddatblygiad personol."

Dyfyniad gan y person ifanc, Jake:

"Roedd y cyngor, yr awgrymiadau a'r gefnogaeth ges i gan ADTRAC yn help mawr ac yn ffordd i mi fagu hyder wrth ymgeisio am swyddi. O ganlyniad, dwi'n mwynhau fy ngwaith yn Wilko's yn arw."

Motivated to achieve

Jake recently lost his job at a local restaurant, this has had a huge impact on his confidence.

When first meeting his ADTRAC mentor, it became apparent that Jake was very motivated and keen to seek employment as soon as possible but it was evident that he needed some support to achieve this. Self-confidence was a real barrier for Jake, he was also very unsure of his handwriting and communication skills.

Through partnership working between ADTRAC and Job Centre Plus, Jake's ADTRAC Mentor was able to support him into disclosing to his Work Coach about some of the barriers he was facing. As a result, the Work Coach was able to alleviate the pressure that Jake was under to seek employment, which made him feel less stressed and allowed him to focus on finding a job that would suit him better.



With the support of his mentor, Jake created accounts on several of the job searching websites, accessed support with writing his CV, this was followed up with sessions on applying for jobs and practicing his interview skills.

Jake applied for a variety of vacancies on his own accord after receiving support from ADTRAC and after many weeks of practicing for interviews, he attended three interviews and was successful in all of them. He made the decision to take a part-time position at Wilko's in Porthmadog which he is really enjoying and where he has made some new friends.

Jake's ADTRAC Mentor commented: "Through working with Jake I realised that the flexibility that ADTRAC staff have to meet young people in the places that are most comfortable for them is key in building and maintaining relationships with the young people who access ADTRAC. When I first met Jake I could see how motivated and keen he was to find employment as quickly as possible and when he succeeded in getting employment, just how beneficial it was that he was able to access this type of support. Jake sometimes struggled with confidence, and I think I had underestimated how much of an impact the project and the support given can help improve young people's confidence so successfully.

Jake was a pleasure to work with, and his motivation and drive to do well was a major contributing factor. He just needed some support on lifting his confidence and some help with preparing for the interviews as he had never had a formal interview before. I am confident that after receiving support from ADTRAC, if Jake were ever to find himself in a situation where he is unemployed again, he would be more than happy to seek further employment opportunities without needing any support to do so.

The difference in his confidence since I saw him at the beginning has improved immensely and he told me that he felt his life was more stable and he was much happier in himself. I have no doubt that he is an asset to the Wilko's company and will continue to work hard to increase personal development."

Quote from the young person, Jake:

'The advice, tips and support I received from ADTRAC was really helpful and helped me gain confidence in applying for jobs, and as a result I am really enjoying my position at Wilko's.'