

Seicoleg / Psychology

Canolfan Ymchwil ac Ymarfer Ymwybyddiaeth Ofalgar

Centre for Mindfulness Research and Practice

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Gadewch ni wybod am eich diddordeb mewn comisiynu cwrs neu hyfforddiant meddylgarwch. Rhowch hynny o fanylion a sydd bosib yn y tabl. Mi fyddwn ni mewn cysylltiad i drafod ymhellach.

Please tell us about your interest in commissioning a mindfulness course or training from us. Give as much information as possible in the table. We will then contact you for a follow-up discussion.

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| --- | --- | --- |
| Eich enw / enw’r sefydliad | Your name/your organisation’s name |  |
| Manylion cyswllt | Contact details |  |
| Cwrs/hyfforddiant hoffech chi gael? | What course or training are you seeking? |  |
| Beth yw eich gobeithion i’r hyfforddiant yma? | What are your main aims and hopes for this training? |  |
| Pryd ydych yn gobeithio y bydd yn digwydd? | When are you hoping it will happen? |  |
| Beth yw lefel o brofiad meddylgarwch yn eich mudiad? | What is the current level of experience of mindfulness in your organisation? |  |
| Ym mhle hoffech chi’r cwrs gael ei gynnal? | Where do you want the course delivered? |  |
| Hoffech chi unrhyw hyfforddwr penedol o’r tîm? | Do you have particular trainer from our team in mind for this delivery? |  |
| Unrhyw sylw arall? | Anything else that would be useful for us to know? |  |

Anfonwch y ffurflen hon wedi ei chwblhau at Rebecca Crane on [r.crane@bangor.ac.uk](mailto:mailto:r.crane@bangor.ac.uk)

Please send the completed form to Rebecca Crane on [r.crane@bangor.ac.uk](mailto:mailto:r.crane@bangor.ac.uk)