



# Cain Griffiths



**Age:** 27

**Location:** Mynytho

**Business Name:** therapiCEGtherapy

✉ cegtherapy@gmail.com

## Why did you decided to set up a business?

The opportunity for me to set up my own business came from having a job that was 4 days a week, which left one working day free. I was encouraged by family and friends to offer an independent service to local children in the area, as there was a gap in the market. I consider myself lucky to have family and friends who are not afraid to take risks, and who always encourage me to venture beyond my comfort zone. The idea of being self-employed was an ideal one having spent four years working for large organisations where working flexibly and having the right work-life balance was not always possible.

## Sut mae Llwyddo'n Lleol/Amser i Fentro wedi eich helpu i ddatblygu?

One of the main benefits of being part of the Llwyddo'n Lleol and Amser i Fentro schemes is the confidence they've given me when it comes to promoting my business. The financial support was a real boost, especially during the pandemic; there are no words to describe how much of a difference the financial support has made to the business. The network of enthusiastic young people that I'm also now a part of has also been a great support, and continues to inspire me. I very much hope to be able to continue working with them beyond the period of the project.

## What are your hopes for the business going forward?

Looking to the future the hope is to continue offering the service locally, as well as internationally. It would also be great if further support from similar schemes to Llwyddo'n Lleol and Amser i Fentro became available. I hope to be able to continue to work with the other young people involved in the scheme, to ensure the momentum continues, and the desire to succeed locally grows. The next step for me will be to improve the way I advertise and promote the business to enable me to reach a wider audience.

## Pe bai gennych un frawddeg i ddweud wrth berosn ifanc arall sy'n meddwl dechra busnes, be fysa'r frawddeg honno?

Don't be afraid to try - go for it.

@CEGtherapi

