

Don't call it a dream...  
...Call it a plan. Threshold

# LIMITLESS

Programme

**LIMITLESS** is funded by the European Social Fund (ESF) under Priority 2, Skills for Growth: SPECIFIC OBJECTIVE 4. It is an educational programme of support for women in employment aged 18 and over.

Participants must either be living or working in the following unitary authorities: Carmarthenshire, Pembrokeshire, Caerphilly, and Blaenau Gwent (with delivery of the volunteering qualification also available in Torfaen).

**LIMITLESS** is made up of three strands; **Strand One** is WEB - Women Exploring Business Programme; **Strand Two** is WISH - Women's Integrated Support Hub; **Strand Three** is the *Supporting the Domestic Abuse and Sexual Violence Sector* qualification.

## Strand One

### WEB (Women Exploring Business) Programme

WEB is designed to inspire all women to set up their own businesses, including those facing barriers to self-employment. WEB is a practical, bespoke programme of support, specifically written by Threshold for women only provision, underpinned by two Agored Cymru qualifications and available at a range of academic levels.

WEB's entrepreneurship training enables women to explore self-employment options; take part in a small business event; gain new skills and improve self-confidence, motivation, and team working skills.

Women will have the opportunity to gain two Agored Cymru qualifications and one accreditation in entrepreneurial and business skills. These are available at a range of levels.

Women who have aspirations to set up their own business are supported with a programme, that is hands-on and offers a unique opportunity for women to try out selling their product or service.

The course is designed to give women the background knowledge to run a business and to open new doors through self-employment, to gain qualifications but to do so in a hands on and fun environment.

The course is run one day a week over 8 weeks and includes on-line learning resources.

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