

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 (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 Two

WISH (Women's Integrated Support Hub)

WISH offers individually tailored support packages to build confidence, self-esteem, and self-motivation allowing women to ultimately up-skill. WISH offers a range of courses open to all women regardless of their backgrounds, needs or abilities.

WISH will provide training opportunities across a wide range of subject areas, both accredited (through Agored Cymru) and unaccredited, as well as specialist sector-specific training in the subject areas of domestic and sexual violence.

Subject areas include :

- * Retail and Customer Services,
- * Administration,
- * Working in the Third Sector,
- * Sports and Leisure,
- * Health & Social Care,
- * Gender & Equality
- * Criminal Justice,
- * Catering,
- * Heritage,
- * Media and IT,
- * Entrepreneurship,
- * Business & Management,
- * Environment.

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