

What is confidence?

Why do we need it? How can we get? The LIMITLESS Programme will be delivering a free Agored Cymru accredited Level 2 Personal Confidence course through Guided Learning - an opportunity to study at home with 1:1 support from our qualified tutors, via a range of electronic platforms.

“It takes a lot for you to find your confidence, but you shouldn't let someone else be the person to find it for you.”

- Justine Skye

Available through the LIMITLESS Programme as Guided Learning. Full qualification accredited by Agored Cymru (*eligibility criteria applies)

For more information on Threshold's LIMITLESS Programme, please email:-

Louise Daniells
Debbie Williams

Email
Email

ldaniells@threshold-das.org.uk
dwilliams@threshold-das.org.uk

Mobile 07496267358
Mobile 07496 267361

Personal Confidence Course.

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 aged 18 and over, who are working or living in Carmarthenshire, Pembrokeshire, Caerphilly, and Blaenau Gwent. Women must be working (including full time, part time, self employed or on a zero hour contract).

Upon registration, participants will be eligible to access a wide range of Agored Cymru accredited training as well as opportunities for further learning, education and training.

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



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



Cronfa Gymdeithasol Ewrop
European Social Fund



Llywodraeth Cymru
Welsh Government

For more information on Threshold's LIMITLESS Programme, please email us on **LIMITLESS@threshold-das.org.uk** or contact our main office on 01554 700650.