

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

Limitless

Project Description

LIMITLESS is an educational programme of support for women with the remit of providing opportunities for them to improve their career prospects labour market positions.

In addition to upskilling, LIMITLESS will aim to support its participants with:

- increasing self-confidence and self-esteem,
- starting up in business/self-employment,
- the promotion of women in the workplace – increasing the level of women moving into Senior Management positions including Board positions,
- increasing digital literacy,
- increasing female participation in non-traditional and gender-specific areas of work,
- reducing gender stereotypes

The project is composed of three strands:

Strand 1 - WEB (Women Exploring Business) Programme

WEB is designed to inspire women to set up their own businesses. WEB offers bespoke support, specifically written by Threshold for women only provision, underpinned by two Agored Cymru qualifications.

Strand 2 – WISH (Women's Integrated Support Hub)

WISH offers individually tailored support packages to build confidence, self-esteem, and self-motivation that ultimately allow women to up-skill.

Strand 3 – (Qualification) Award and Extended Award in Supporting the Domestic Abuse and Sexual Violence Sector through Volunteering

A qualification available at Level 2 (with Level 3 currently in development) is designed to provide learners with the underpinning skills to offer safe

and effective assistance in carrying out intervention in support situations including domestic abuse and sexual violence.

Geographical Coverage

The LIMITLESS Project welcomes participants living or working in the unitary authorities of Carmarthenshire, Pembrokeshire, Caerphilly, Blaenau Gwent and Torfaen

Essential Eligibility Criteria

Participants must be:

- women aged 18+
- living or working in Carmarthenshire, Pembrokeshire, Caerphilly, and Blaenau Gwent (*with delivery of the volunteering qualification also available in Torfaen).
- in employment (i.e., self-employed, part time/ full time, on zero-hour contracts)

Specific Targets

- Women achieving qualifications & improved labour market position
- Women undertaking entrepreneurship training

Contact Details

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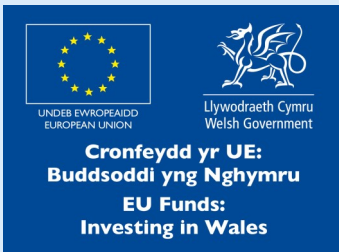
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Disgrifiad o'r Prosiect

Mae LIMITLESS yn rhaglen gymorth addysgol i fenywod yw hon, sydd â'r cylch gwaith o ddarparu cyfleoedd iddyn nhw wella eu rhagolygon gyrfa yn y farchnad lafur.

Yn ogystal ag uwchsgilio, nod LIMITLESS yw helpu'r rhai sy'n cymryd rhan:

- i fagu mwy o hunanhyder a hunan-barch,
- i ddechrau busnes/hunangyflogaeth,
- i hyrwyddo menywod yn y gweithle – cynyddu lefel y menywod sy'n symud i swyddi Uwchreolwyr gan gynnwys swyddi'r Bwrdd,
- cynyddu llythrennedd digidol,
- cynyddu nifer y menywod sy'n gweithio ym meysydd gwaith annhraddodiadol a rhywbenodol,
- lleihau stereoteipio ar sail rhywedd

Mae tair elfen i'r prosiect:

Elfen 1 - Rhaglen WEB (Women Exploring Business)

Mae WEB wedi'i gynllunio i ysbrydoli menywod i sefydlu eu busnesau eu hunain. Mae WEB yn cynnig cymorth pwrpasol, wedi'i ysgrifennu'n benodol gan Threshold ar gyfer menywod yn unig, wedi'i ategu gan ddau gymhwysedd Agored Cymru.

Elfen 2 – WISH (Women's Integrated Support Hub)

Mae WISH yn cynnig pecynnau cymorth wedi'u teilwra'n unigol i feithrin hyder, hunan-barch a hunan-gymhelliant sydd, yn y pen draw, yn caniatáu i fenywod uwchsgilio.

Elfen 3 – Dyfarniad (Cymhwyster) a Dyfarniad Estynedig mewn cefnogi'r sector cam-drin domestig a thrais rhywiol drwy Wirfoddoli

Cymhwyster Lefel 2 (gyda Lefel 3 yn cael ei ddatblygu ar hyn o bryd) a gynlluniwyd i roi'r sgiliau sylfaenol i ddysgwyr gynnig cymorth diogel ac effeithiol i ymyrryd mewn sefyllfaoedd

cymorth gan gynnwys cam-drin domestig a thrais rhywiol.

Cwmpas Daeryddol

Mae'r Prosiect LIMITLESS yn agored i rai sy'n byw neu'n gweithio yn awdurdodau unedol: Sir Gâr, Sir Benfro, Caerffili, Blaenau Gwent a Thorfaen

Meini Prawf Cymhwysedd Hanfodol

Rhaid i chi naill ai fod:

- yn fenyw 18+ oed
- yn byw neu weithio yn yr awdurdodau unedol canlynol: Sir Gâr, Sir Benfro, Caerffili a Blaenau Gwent (*gyda chyflwyno'r cymhwyster gwirfoddoli hefyd ar gael yn Nhorfaen).
- mewn cyflogaeth (h.y., hunangyflogedig, rhan-amser/ llawn amser, ar gontractau dim oriau)

Targedau Penodol

- Menywod sy'n cyflawni cymwysterau a sefyllfa gwell yn y farchnad lafur
- Menywod sy'n dilyn hyfforddiant entrepreneuriaeth

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