



PATHWAYS TO EMPLOYMENT TRAINING PROGRAMME

Is your mental health stopping you from pursuing further education or work?

We provide training that can help you to achieve your career goals while nurturing your mental health.

The modules

**Personal Effectiveness,
Communications,
Food & Nutrition**

**Career Planning,
Information Technology,
Customer Service**

**Work Experience
Personal & Interpersonal
development
Functional Maths**

Why choose Threshold Training Network

- **Join at any semester throughout the year**
- **Discover new interests & nurture your wellbeing**
- **Meet new people**
- **Create structure & meaning to your day**
- **QQI accredited level 4 modules**



Phone or email us to find out more.

Taster days available.

Open for registrations all year round.



Bord Oideachais agus Oiliúna Dublin and Dún Laoghaire
Átha Cliath agus Dhún Laoghaire Education and Training Board



Unit 17-19 Tallaght Enterprise Centre, Main Road, Dublin 24
info@thresholdtraining.ie 01 4940502



EMPLOYABILITY SKILLS TRAINING PROGRAMME

Is your mental health having an impact on your day to day life?

On this training programme you can create structure and routine while building the confidence to take your next step.

The modules

Personal & Interpersonal Skills

**Career Preparation
Application of numbers
Computer Literacy**

**Internet Skills
Personal Effectiveness
Work Experience
Health & Fitness**

Why choose Threshold Training Network

- **Join at any semester throughout the year**
- **Discover new interests & nurture your wellbeing**
- **Meet new people**
- **Create structure & meaning to your day**
- **QQI accredited level 3 modules**



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