National Learning Network

Think ***Possible***



Prospectus

- Limerick and Clare -

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Welcome to NLN Limerick and Clare

Choosing the right learning pathway is an important step, and we are delighted that you are considering National Learning Network as part of your journey. At NLN, we offer a wide range of education, training, and development programmes designed to help people build skills, confidence, independence, and opportunities for further education and employment.

We provide a supportive, inclusive, and welcoming environment where every student is valued and encouraged to achieve their goals. With modern facilities, practical learning opportunities, and personalised supports, our dedicated staff work alongside you to ensure you have the tools and encouragement you need to succeed.

Strong connections with employers, community organisations, and educational partners help create meaningful opportunities for our students both during and after their time with us. These partnerships reflect our commitment to helping you reach your full potential and become an active member of your community.

Whether you are returning to education, exploring new opportunities, or taking the next step towards employment, we look forward to welcoming you to NLN Limerick and Clare and supporting you on your learning journey.



Lisa Haugh
Area Manager
National Learning Network
Limerick and Clare

All our Courses are funded by HSE or supported by Limerick and Clare Education and Training Board and co-funded by the Government of Ireland and the European Union.

We're not just about **training,** we can **support you** in many ways

PERSON-CENTRED APPROACH

Every course is tailored to the individual's needs, this is achieved by means of assessment and discussion which leads to the development of a personal training plan for every student.

STUDENT SUPPORT SERVICES

Learning support for literacy and numeracy is available for students, along with access to assistive technology to support individual learning needs.

ON-SITE PSYCHOLOGIST

NLN offer supports from psychologists and one-on-one coaching in order to help students learn to be the best that they can be.

JOB-SEEKING SKILLS

Vocational training courses include job-specific modules to help students learn job-seeking skills such as CV writing and interview skills.

WORK PLACEMENTS

Each of our vocational training courses include a work placement to give students the chance to gain real-life skills, on-the-job training and valuable experience in a job that interests them.

CONTINUOUS INTAKE

At NLN we offer continuous intake. That means that students don't have to start a course in September or January, instead they can start with us when they are ready to.

COURSE SAMPLING

At times students may not know which course is the right one for them. We offer students an opportunity to sample courses for a couple of weeks before committing to one.

GOAL SETTING & PLANNING SUPPORT

The rehabilitation officer, instructor and manager support every student to create their own individual action plan. This is tailored to the individual's own goals, and targets are set at their pace of learning.

Why students choose NLN

At National Learning Network we provide personalised training programmes and specialist learning supports to over 6,500 people around Ireland.

We offer a variety of programmes for people who are out of work due to accident, illness, injury, or disability, and for those who need extra support to improve their quality of life, get a job, or progress to further education or training.

We also cater for young adults and school leavers who need extra educational or vocational support.

At NLN we know that every student is different. Our programmes are person-centred, and we aim to meet your specific needs by creating an individual action plan. This approach ensures you get the best possible all-round support to help you achieve your goals.

There are no course fees, and attending one of our courses will not affect your social welfare payments. If you need to travel to attend your programme, you may also qualify for travel support.



Hear from our students...

I have become more confident in myself and can achieve anything I put my mind to which I never thought I could do when I first arrived at NLN. It was the perfect college for me as it helped me to grow into the person that I am today."



Ruth O'Keeffe |
Now employed by Intersport Elverys

I'm a foster child who felt I didn't have a future until I came to NLN, where I started in Career Start before moving to Employer Based Training. I've progressed to the Access to Apprenticeship Programme in TUS and I am now doing an electrical apprenticeship. NLN has a lovely atmosphere, the staff always want what's best for you, helped me improve my reading, communication and gave me confidence. I made loads of friends."



Amber King |
Now completing an Electrical Apprenticeship

Before coming to NLN, life was slow - I didn't have much going on. I was at home with my family and I wanted to be working. I completed Career Start, Retail & Digital Skills and then Employer Based Training and I am now in paid employment where I am getting great experience and feel part of the team."



Patrick O'Halloran |
Now employed by Flan O'Neill's
Builders Providers and Plant Hire

I left school after my Junior Cert as it wasn't working for me. My Guidance Counsellor recommended NLN where the staff give you opportunities to see what you want down the line, they helped me get extra support. NLN gives you choices."



Paddy Hohey |
Now employed by Lahinch Leisure Centre

How to join a course



Contact NLN by phone or email to discuss your needs.



Visit your local centre, meet our students and staff, tour the facilities and discuss course options.



Complete an application form and health report. We will support you through the application process.



Try out a few courses to find which one is right for you.



We offer continuous intake all year round so you can start when you are ready.

Career Start | Clare

CERTIFICATION

Employability Skills QQI Level 3 Major Award (3M0935)
Information and Communication Technologies QQI Level 3 Major Award (3M0877)

COURSE OVERVIEW

Duration: Full-time - up to 18 months

This programme provides students with personal, social, and work-related skills that will help them identify future educational or employment opportunities. Ideally suited to school leavers or early school leavers with extra support needs, they will learn to identify their strengths and goals for their future. Training is tailored to each student's needs, with a strong focus on building confidence, teamwork, social skills, and independence. On completion of this course, there is an internal progression route in NLN, as well as the external route to college and further training courses or employment.

CERTIFIED MODULES

- Application of Number
- Computer Literacy
- Internet Skills
- Communications
- Personal Effectiveness
- Career Preparation
- Work Experience
- Health & Safety Awareness
- Self-Advocacy
- Desktop Publishing
- Digital Media
- Word processing
- Workplace Safety (Level 4)

NON-CERTIFIED MODULES

- Induction
- Culture & Leisure Activities
- Life Skills
- Healthy Lifestyles
- Creative Activities
- Transition to Future Options
- Gym, Swimming Pool or Fitness Class
- Mindfulness
- Decider Skills

Retail and Digital Skills | Clare

CERTIFICATION

Retail Skills QQI Level 4 Major Award (4M1998)
General Learning QQI Level 4 Major Award (4M2010)

COURSE OVERVIEW

Duration: Full-time - up to 24 months

This programme aims to provide students with the skills, knowledge and competencies to gain employment or progress to further education and training while developing key transferable and vocational employment-related skills, appropriate to their identified career path.

CERTIFIED MODULES

- Retail Sales Techniques
- Information Technology Skills
- Customer Service
- Communications
- Personal Effectiveness
- Career Planning
- Work Experience
- Workplace Safety
- Computer Applications
- Retail Payment Procedures
- Data Entry
- Mathematics
- Tourism Visitor Care

NON-CERTIFIED MODULES

- Induction
- Self-Advocacy
- Cultural Awareness
- Life Skills
- Healthy Lifestyles
- Leisure & Creative Activities
- Personal Development
- Job Seeking Skills & Preparation for Work
- Work Related Social Skills
- Gym, Swimming Pool or Fitness Class
- Literacy & Numeracy Support
- Mindfulness
- Decider Skills

Employer Based Training | Clare

CERTIFICATION

Employment Skills QQI Level 4 Major Award (4M0857)
Retail Skills QQI Level 4 Major Award (4M1998)

COURSE OVERVIEW

Duration: Full-time - up to 24 months

This programme focuses on supporting people to enter the workforce. The Employer Based Training programme supports students who have a disability or who require additional support to gain key transferable skills to progress into employment. Work placement is an essential part of this programme; students participate in suitable work placement 3 to 4 days per week with centre-based modules 1 to 2 days per week

CERTIFIED MODULES

Certified modules can include work experience, workplace safety, communications, information technology skills,career planning, personal effectiveness, functional mathematics, retail sales techniques and customer service. Prior learning is also recognised which can exempt students in some modules.

SUPPORTS AVAILABLE

Literacy and numeracy support, wellbeing, self-advocacy, mindfulness, teambuilding and improving social skills. NLN provide any personal protective clothing or equipment needed, help towards travel costs and help getting any specific training needed for the job.









Foundation Skills | Limerick

CERTIFICATION

General Learning QQI Major Award Level 1 (P1GL0)
General Learning QQI Major Award Level 2 (P2GL0)
Employability Skills QQI Major Award Level 3 (3M0935)

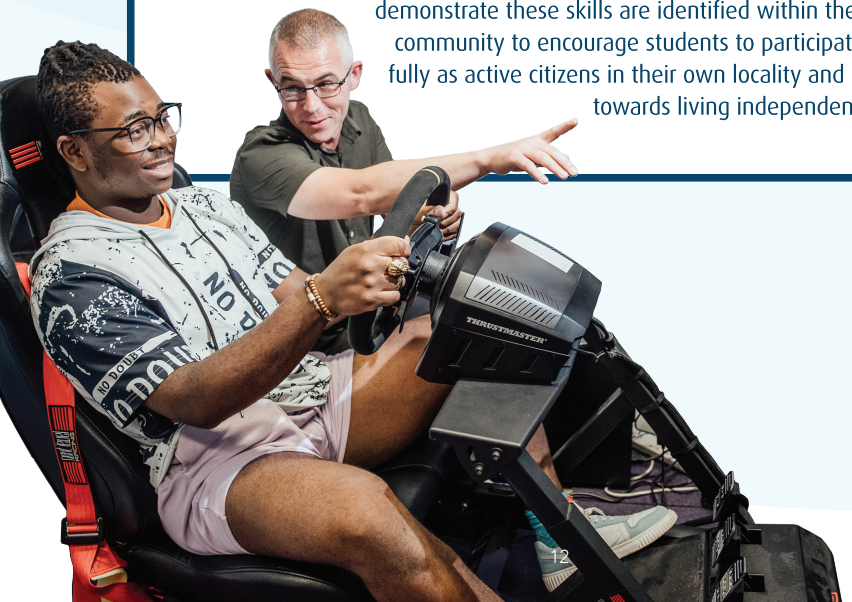
COURSE OVERVIEW

Duration: 4 years

The Foundation Skills Programme is a rehabilitative training programme designed for young adults with mild learning difficulties, those with autism, those who have physical or sensory disabilities and/or mental health difficulties.

The programme provides students with a tailored plan to enable them to meet their goals, at their pace. Students will have the opportunity to gain recognised QQI qualifications that can lead to a Major Award at Level 1, 2 or 3. Students will learn about nutrition and how to have a balanced healthy lifestyle, explore leisure options, creative skills and abilities, and sample work opportunities and employment options.

Students develop independent living skills, including independent travel, money and budgeting, cooking and kitchen skills. Opportunities to demonstrate these skills are identified within the community to encourage students to participate fully as active citizens in their own locality and move towards living independently.



Career Start | Limerick

CERTIFICATION

Employability Skills QQI Level 3 Major Award (3M0935)
Information and Communication Technologies QQI Level 3 Major Award (3M0877)

COURSE OVERVIEW

Duration: Full-time - up to 18 months

This programme provides students with personal, social, and work-related skills that will help them identify future educational or employment opportunities. Ideally suited to school leavers or early school leavers with extra support needs, they will learn to identify their strengths and goals for their future. Training is tailored to each student's needs, with a strong focus on building confidence, teamwork, social skills, and independence. On completion of this course, there is an internal progression route in NLN, as well as the external route to college and further training courses or employment.

CERTIFIED MODULES

- Health & Safety Awareness
- Application of Numbers
- Personal Effectiveness
- Computer Literacy
- Work Experience
- Internet Skills
- Self-Advocacy
- Digital Media
- Communications (Level 3 & 4)
- Information Technology Skills (Level 4)
- Word Processing
- Career Planning

NON-CERTIFIED MODULES

- Induction Assessment
- Introduction to programme modules
- Vocational Exploration
- Culture & Leisure Activities
- Life Skills/Healthy Lifestyles
- Creative Activities
- Transition to Future Options
- Literacy & Numeracy Support
- Mindfulness
- Decider Skills

Catering Support | Limerick

CERTIFICATION

Catering Support QQI Level 4 Major Award (4M2805)
City & Guilds International Award in Barista Skills (7102-52)

COURSE OVERVIEW

Duration: Full-time - up to 24 months

This programme aims to equip students with the knowledge, skills, and competence to contribute and assist in preparing and serving food in a catering operation.

CERTIFIED MODULES

- Short Order Cooking
- Kitchen Skills
- Meal Service
- Safe Food for Business
- Customer Service
- Work Experience
- Communications
- Teamworking
- Workplace Safety
- Personal & Interpersonal Development
- Information Technology
- Personal Effectiveness
- Breakfast Cookery (Level 3)
- Operating a Dishwasher (Level 3)
- Barista Skills

NON-CERTIFIED MODULES

- Induction
- Self-Advocacy
- Literacy and Numeracy Support
- Health & Safety
- Personal and Interpersonal Skills
- Job Seeking Skills/Preparation for work
- Personal Support/Life Coaching
- HACCP Awareness
- Mindfulness
- Decider Skills



IT with Office Skills | Limerick

CERTIFICATION

International Certification of Digital Literacy (ICDL),
Microsoft Office Specialist (MOS), IT Specialist Certification,
IC3 Digital Literacy Certification

COURSE OVERVIEW

Duration: Full-time - up to 24 months

This programme supports students to acquire the knowledge, skills and competence to work independently and under supervision, providing services and support across a range of office administration contexts, and to progress to further education or training.

CERTIFIED MODULES

International Certification of Digital Literacy (ICDL)
Documents, Computer & Online Essentials, Presentation Skills, Spreadsheets, Databases, Computer Essentials, Online Essentials, Online Collaborations, Cyber Security, Image Editing, Web Editing, Project Planning, Data Protection, Financial Spreadsheets

Microsoft Office Specialist (MOS)
Microsoft Office Word. Microsoft Office Excel, Microsoft Office Access Microsoft Office PowerPoint, Microsoft Office Word Expert, Microsoft Office Excel Expert.

IT Specialist
Artificial Intelligence, Cybersecurity, Device Configuration and Management, Network Security, Project Management, ICS Digital Literacy

NON-CERTIFIED MODULES

- Induction Assessment
- Personal Effectiveness
- Job Seeking Skills
- Self-Advocacy
- Literacy and Numeracy Support
- Gym (Fitness Programme)
- Work Experience
- Mindfulness
- Decider Skills

PC Maintenance and IT Systems | Limerick

CERTIFICATION

CompTIA Tech+ U71, CompTIA A+ Core 1: 220-1201, CompTIA A+ Core 2: 220-1201, International Certification of Digital Literacy (ICDL), CISCO IT Essentials

COURSE OVERVIEW

Duration: Full-time - up to 24 months

This programme supports students to acquire the relevant knowledge, practical skills and competency to work effectively under supervision in the IT technical support sector and to progress to further education and training.

CERTIFIED MODULES

International Certification of Digital Literacy (ICDL)

Databases,
Computer Essentials,
Online Essentials,
Online Collaborations,
Cyber Security,
Image Editing, Web Editing,
Project Planning, Data Protection,
Coding Principles

CompTIA

Tech +
A+ Certification Core 1,
A+ Certification Core 2,
Network +

CISCO IT Essentials

NON-CERTIFIED MODULES

- Induction
- Health & Safety
- Basic Computer Literacy
- Job Seeking Skills
- Work Experience
- Personal Effectiveness
- Literacy and Numeracy Support
- Self-Advocacy
- Customer Service Skills
- Mindfulness
- Decider Skills

Employer Based Training | Limerick

CERTIFICATION

Employment Skills QQI Level 4 Major Award (4M0857)
Retail Skills QQI Level 4 Major Award (4M1998)

COURSE OVERVIEW

Duration: Full-time - up to 24 months

This programme focuses on supporting people to enter the workforce. The Employer Based Training programme supports students who have a disability or who require additional support to gain key transferable skills to progress into employment. Work placement is an essential part of this programme; students participate in suitable work placement 3 to 4 days per week with centre-based modules 1 to 2 days per week.

CERTIFIED MODULES

Certified modules can include work experience, workplace safety, communications, information technology skills, career planning, personal effectiveness, functional mathematics, retail sales techniques and customer service. Prior learning is also recognised which can exempt students in some modules.

SUPPORTS AVAILABLE

Literacy and numeracy support, wellbeing, self-advocacy, mindfulness, teambuilding and improving social skills. NLN provide any personal protective clothing or equipment needed, help towards travel costs and help getting any specific training needed for the job.



Focus | Limerick

CERTIFICATION

Employability Skills QQI Level 3 Major Award (3M0935)

COURSE OVERVIEW

Duration: 12 months

***Focus - F**riendship, **O**pportunity, **C**ourage, **U**nderstanding, **S**trength*

The Focus Programme is a one-year, full-time non-therapeutic training course for people who have mental health difficulties. The programme is designed to help people increase their independence and social integration, and to give them confidence to plan for pursing employment or progression to further education or training.

MODULES

- Communications
- Self-Advocacy and Assertiveness
- Coping Skills
- Mental Health Management
- Community and Voluntary Work Experience
- Community Networking
- Creative Skills
- Vocational Exploration
- Leisure Activities
- Decider Skills
- Peer-to-Peer Learning

Evolve | Limerick

COURSE OVERVIEW

Evolve is a flexible and personalised bridging and transition service which aims to support students to progress their education, employment or life plan, develop valued social roles, expand their natural support network and develop sustainable and lasting connections within their community.

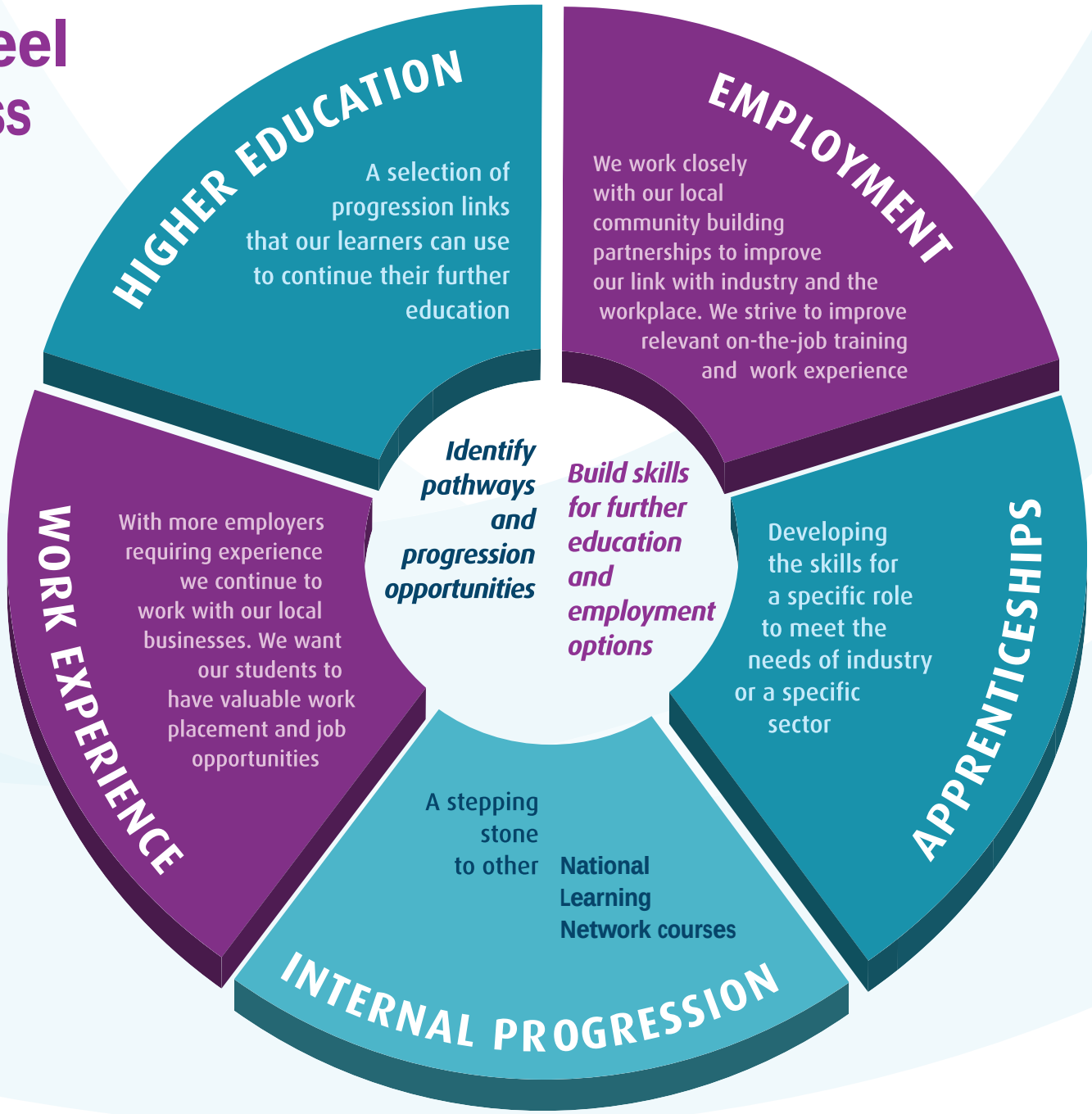
Evolve seeks to support students to explore their personal vision for the future and to develop the skills, confidence and experience to put their vision into action. Connecting students to their community is a central aspect of Evolve and where possible the programme seeks to connect students to the supports, resources, experiences and opportunities available within the local community.

How Evolve can benefit you

- Flexible hours, flexible duration, flexible support
- An assigned keyworker
- Person-Centred Planning and support planning
- Community and network mapping and the building of social connections
- Learning plans which are personalised to your needs and aspirations
- Participant led projects
- Blended learning opportunities, including capacity-building training, online learning and community-based experiential learning
- Access to community-based work experience placements and volunteering opportunities
- Progression planning

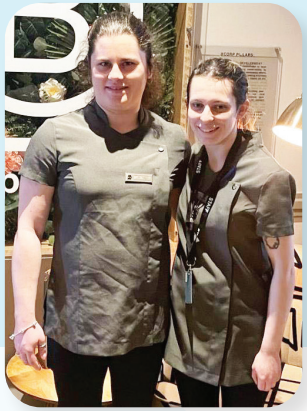


Your Wheel of Success



Another success story

Siobhan and Sadhbh started their journey with NLN on our Career Start Programme and then progressed to our Employer Based Training Programme. After completing very successful work placements, both students received super feedback and are now valued members of the Housekeeping Team in the Armada Hotel.



Our partners supporting inclusive employment opportunities



"Our partnership with National Learning Network has been extremely positive for our company. Through working closely with NLN we have had the opportunity to engage with highly motivated individuals who bring enthusiasm and a strong willingness to learn into our workplace.

The support provided by National Learning Network ensures that both the individuals and our team are well prepared, creating a smooth and rewarding integration process for everyone involved."

Takumi

National Framework of Qualifications

The National Framework of Qualifications (NFQ) is intended to put you, the student, at the centre of the education and training system in Ireland. The NFQ is a system of ten levels used to describe the Irish qualifications system. Each level is based on nationally agreed standards of knowledge, skill and competence i.e. what an individual is expected to know, understand and be able to do following successful completion of a training programme. NLN offers training programmes placed across levels 1-6 of the framework.

Awarding bodies

ICDL The Digital Skills Standard

Microsoft Office Specialist

CompTIA Certificates

City & Guilds A City & Guilds Group Business

IT Information Technology Specialist

Cisco Networking Academy

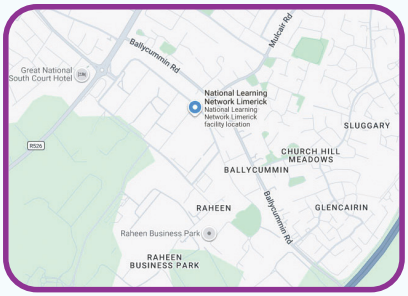
National Learning Network
A provider of programmes leading to QQI awards

Approved QQI Award Provider

QQI is responsible for the quality assurance of further and higher education and training in Ireland. QQI validates education courses and makes awards for certain providers, NLN being one of them.

NLN Limerick and Clare Locations

Area Manager: Lisa Haugh

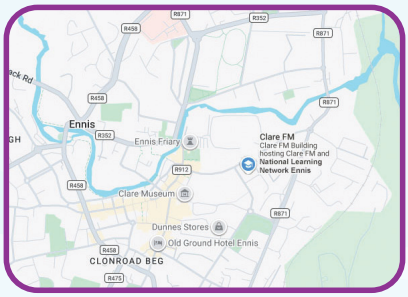


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