

Online Wellbeing Workshops for Partners of RAF Personnel

BUILDING FOR THE FUTURE



The workshop aims to bring a sense of purpose and enhance motivation. It looks at the importance of setting goals and explores how to better control and influence the ways of thinking and doing things. Two dates are available, each in a different format, depending upon your commitments:

28th September 2020 starting at 10am: One workshop lasting 90 minutes for those that can only commit to a single session.

1st October to 22nd October 2020 starting at 10am: The workshop is broken down into 4 consecutive webinars (lasting up to 60 minutes). Ideal for those who prefer gradual learning or who have less time to commit.

The Workshops are free

For more information visit www.rafbf.org/thrive

