

# Online Wellbeing Workshops for Partners of RAF Personnel

## DEVELOPING COURAGE



The workshop will explore what a more confident version of yourself looks like, and how to enhance self-belief. We have two dates available, each in a different format, depending upon your commitments:

**17<sup>th</sup> August 2020 starting at 10am:** One workshop lasting 90 minutes for those that can only commit to a single session.

**20<sup>th</sup> August to 10<sup>th</sup> September, 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 have less time to commit.

The Workshops are free

For more information/to apply visit [www.rafbf.org/thrive](http://www.rafbf.org/thrive)

