

THRIVE ONLINE: WELLBEING WORKSHOPS FOR PARTNERS OF RAF PERSONNEL



UNDERSTANDING YOURSELF IN 2021

This workshop involves taking a look at your own thoughts and is designed to increase your self-awareness to help relationships in your professional and personal lives. There are two workshops to choose from and they are each split over four weekly sessions on consecutive Thursdays. The morning sessions start at 10am and the evening sessions start at 7pm, each lasting 90 minutes, on the following dates:

- Thursday 1 July
- Thursday 8 July
- Thursday 15 July
- Thursday 22 July

"The Thrive workshops looked really, really good – something to help RAF spouses find their own value and self-worth, leading to better employment prospects. I found the whole course really useful and would like to thank the RAF Benevolent Fund for supporting us in this way." *RAF spouse, Thrive Programme attendee*

Please apply by Tuesday 29 June as places are limited. The workshops are free for spouses/partners of serving RAF and require internet access. For more information visit: rafbf.org/thrive