

THRIVE ONLINE: WELLBEING WORKSHOPS FOR PARTNERS OF RAF PERSONNEL



TIME MANAGEMENT IN 2022

We all have the same amount of time, 24 hours in a day, 7 days in a week. So how come some people seem to get so much more done than others? Time management!

In this set of workshops we will cover tips and tricks on how to better manage your time so you can get the most out of each day. We'll discuss things like setting priorities, scheduling and time-saving techniques. We'll also talk about how to avoid time-wasters like procrastination and multitasking. So whether you're looking to be more productive at work or just want to free up some time for yourself, this workshop is for you!

The workshop is split over four sessions on:

- Wednesday 7th September: 8pm to 9.30pm
- Wednesday 14th September: 8pm to 9.30pm
- Wednesday 21st September: 8pm to 9.30pm
- Wednesday 28th September: 8pm to 9.30pm

“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 Wednesday 31st August 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