

THRIVE ONLINE: WELLBEING WORKSHOPS FOR PARTNERS OF RAF PERSONNEL



GOAL SETTING IN 2021

Would you like to take control of your life in 2021 and smash your limiting beliefs? If you struggle with achieving your goals, your thoughts and feelings have a significant impact here, and this is where issues can manifest. Our Goal Setting workshop will help you to lead your life and not let life lead you. The workshop is split over four sessions on:

- Thursday 11 March: 10am to 11.30am
- Thursday 18 March: 10am to 11.30am
- Thursday 25 March: 10am to 11.30am
- Thursday 1 April: 10am to 11.30am

“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 Thursday 4 March 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