

# THRIVE ONLINE: WELLBEING WORKSHOPS FOR PARTNERS OF RAF PERSONNEL

## DEVELOPING COURAGE IN 2021



Our Developing Courage workshops explore what a more confident version of yourself looks like and how to enhance self-belief. Taking place over four consecutive sessions, each lasting 90 minutes, they are ideal if you prefer gradual learning or have less time to commit.

- Wednesday 12 May: 7pm to 8:30pm
- Wednesday 19 May: 7pm to 8:30pm
- Wednesday 26 May: 7pm to 8:30pm
- Wednesday 2 June: 7pm to 8:30pm

**“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 5 May 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](https://rafbf.org/thrive).