

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.

- Thursday 4 February: 10am to 11.30am
- Thursday 11 February: 10am to 11.30am
- Thursday 18 February: 10am to 11.30am
- Thursday 25 February: 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 28 January 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.