

THRIVE ONLINE: WELLBEING WORKSHOPS FOR PARTNERS OF RAF PERSONNEL



UNDERSTANDING MINDFULNESS/WELLBEING AT A DEEPER LEVEL IN 2021

This series of workshops will take you through a range of options to enhance your wellbeing and relaxation, including guided meditations. However, recognising that meditation is not for everyone, we will also explore a diversity of other contemplative practices so that every attendee will have a choice to pick from and find a practice that best suits them. The workshop is split over four sessions on:

- Wednesday 8th September: 10am to 11.30am
- Wednesday 15th September: 10am to 11.30am
- Wednesday 22nd September: 10am to 11.30am
- Wednesday 29th September: 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 Wednesday 1st September 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**