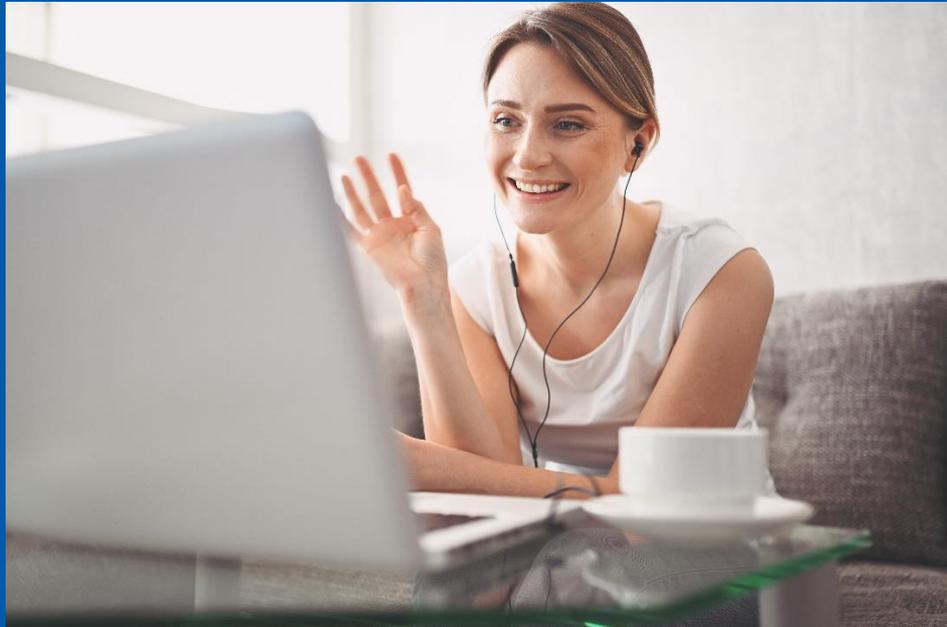




**Royal Air Force
Benevolent Fund**

THRIVE ONLINE: WELLBEING WORKSHOPS FOR PARTNERS OF RAF PERSONNEL



GROW YOUR SELF-BELIEF IN 2022

Does a lack of self-belief ever hold you back? Do you feel you don't have the confidence to pursue a particular goal? In this series of four workshops, we'll dig a bit deeper under the surface and get to grips with what self-belief and self-confidence really is, and what it looks like for us as individuals. We'll also start to look at how self-belief can be impacted by events and experiences in the course of our lives. We'll focus on the positive outcomes that we can achieve when we start to trust in ourselves and trust in our abilities, as this helps give us the confidence to push our boundaries and perhaps pursue those activities that feel like they are outside our comfort zone. We'll learn about healthy thinking patterns, and techniques that will promote stronger self-belief and a state of improved wellbeing, which can also have a positive effect on our relationships. This is definitely for you if you ever lack self-belief, but feel deep down you could be, or do, something more.

The workshop is split over four sessions on:

- Thursday 10th November: 8pm to 9.30pm
- Thursday 17th November: 8pm to 9.30pm
- Thursday 24th November: 8pm to 9.30pm
- Thursday 1st December: 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 Thursday 3rd November 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