

THRIVE ONLINE: WELLBEING WORKSHOPS FOR PARTNERS OF RAF PERSONNEL



UNDERSTANDING YOURSELF IN 2022

This workshop involves taking a look at your own thoughts and is designed to increase your self-awareness to help relationships in your professional and personal lives. Have you explored yourself after a conversation or an interaction with a peer or work colleague/manager? This is a very useful skill to have to really understand yourself and what thoughts go through your mind in a conversation. For example, do you ever sit and think what you didn't say and why? What was holding both of you back in a conversation? What was not being said and why? Self-exploration is a skill that can be trained in order to build your self-awareness.

The workshop is split over four sessions on:

- Monday 5th September: 8pm to 9.30pm
- Monday 12th September: 8pm to 9.30pm
- Monday 19th September: 8pm to 9.30pm
- Monday 26th September: 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 Monday 29th August 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**