



**Royal Air Force
Benevolent Fund**

THRIVE ONLINE: WELLBEING WORKSHOPS FOR PARTNERS OF RAF PERSONNEL



Life as a Military Spouse on the Move

Being a military partner and moving frequently presents challenges that not everyone understands. Some people say 'but you knew what you were signing up for when you got together'..... REALLY?!

In this series of workshops, we'll explore the challenges that being a military partner can bring and discuss the best ways to navigate and overcome them. With some challenges, there comes opportunity, so we'll also discuss how to identify and exploit those as much as possible. Facilitated by Angharad Boyson, a military spouse just returning to the UK from Australia, this workshop is for you if you feel you want to get a better handle on how to navigate trials and tribulations that a lot of others just don't seem to understand.

The workshop is split over four sessions on:

- Thursday 29th September: 8pm to 9.30pm
- Thursday 6th October: 8pm to 9.30pm
- Thursday 13th October: 8pm to 9.30pm
- Thursday 20th October: 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 22nd 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**