



OUR GOOD LIFE GOALS MANIFESTO

CONTRIBUTING TO PLANET
CHANGING OBJECTIVES

WHAT IT'S ALL ABOUT

In 2012, the United Nations Conference on Sustainable Development launched a process to develop a set of sustainable development goals (SDGs). These goals address all three dimensions of sustainable development and the global challenges we face; the environment, economic and social.

There are 17 SDGs and they are all interlinked with each other, and as important as the next.

From this, the Good Life Goals were established. These are a set of personal actions that everyone (businesses and individuals) around the World can take to support the SDGs. They are relevant, achievable and aspirational.

As an independent social enterprise, Recruit for Spouses is committed to playing its part in the Good Life Goals thereby contributing towards the huge planet-changing objectives that sit at the heart of the SDG agenda.



OUR GOOD LIFE GOALS

Of the 17 goals, RFS have adopted 5 goals that sit at the heart of everything we do. In many instances, we are already achieving them, but there is opportunity to commit to improving, growing and developing them.

GOAL 3: STAY WELL

Our pledge

Learn about and share ways to stay healthy
Value mental health & well-being

How we will do it

Promote well-being webinars, books & articles
Host Facebook Lives focussed on well-being
Continue to share & promote healthy living practice
Encourage take-up of our internal 'cycle to work' scheme

3 STAY WELL



GOAL 5: TREAT EVERYONE EQUALLY

Our pledge

Learn & share ways to end sexism
Respect the men and women who care for families

How we will do it

Actively incorporate male spouses in case studies, questionnaires and articles
Connect & support spouses from diverse backgrounds, & adopting our approach to reach different communities
Treating spouses with respect & dignity; expecting more for and of them in the wider community

5 TREAT EVERYONE EQUALLY



GOAL 8: DO GOOD WORK

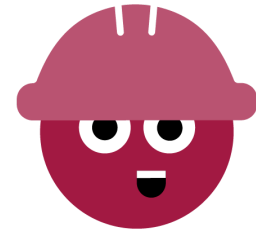
Our pledge

Stand up for everyone's rights to work
Support local businesses

How we will do it

Continue to raise awareness of the untapped talent pool of military spouses
Provide free to access training courses providing job readiness skills for military spouses
Build collaborative relationships with stakeholders across the industry; championing & celebrating work, wins & progress
Promote & raise awareness of military spouse businesses across our platforms
Provide free coaching programmes & mentoring programmes

8 DO GOOD WORK



GOAL 10: BE FAIR

Our pledge

Stay open-minded, listen & learn from others
Support leaders who reduce inequality
Stand up for your rights and the rights of others

How we will do it

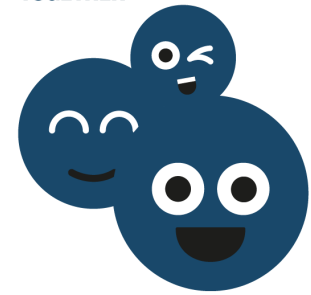
Tirelessly campaign for military spouses to be viewed without bias, addressing misconceptions & breaking down barriers
To attend round-table learning sessions
To follow, quote & support leading voices on inequality

10 BE FAIR



GOAL 17: COME TOGETHER

17 COME TOGETHER



Our pledge

Discover & share SDGs

Support those who bring us together

Celebrate the progress we've directly made

Help make tomorrow better than today

How we will do it

Build website pages specifically promoting our SDGs including an opportunity for others to pledge

Publish impact statements on what we have achieved so far

Support stakeholders in the military industry

Encourage participation of our military spouse community across all our platforms

Actively promote the value of the Military Covenant & build relationships with those that are members