

DEVELOPING PRESENTATION RESILIENCE?

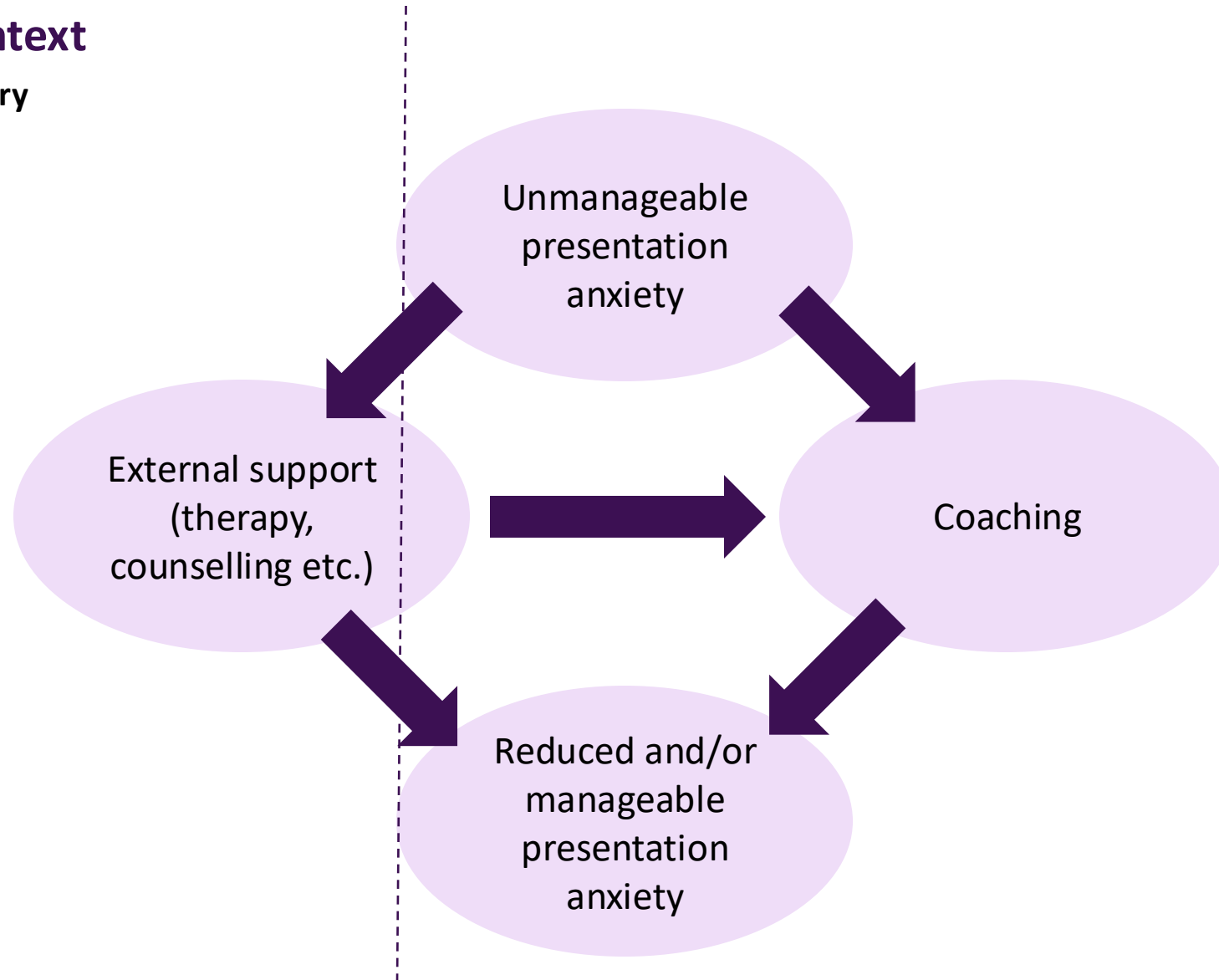
Sue Johnston-Wilder

Elliot Vincent



The context

Elliot's story



Our question

Do the maths anxiety strategies help with presentation anxiety?

Pilot

- 2 coaching sessions
- Feedback
- Psychoeducation

Existing research

Addressing mathematics anxiety

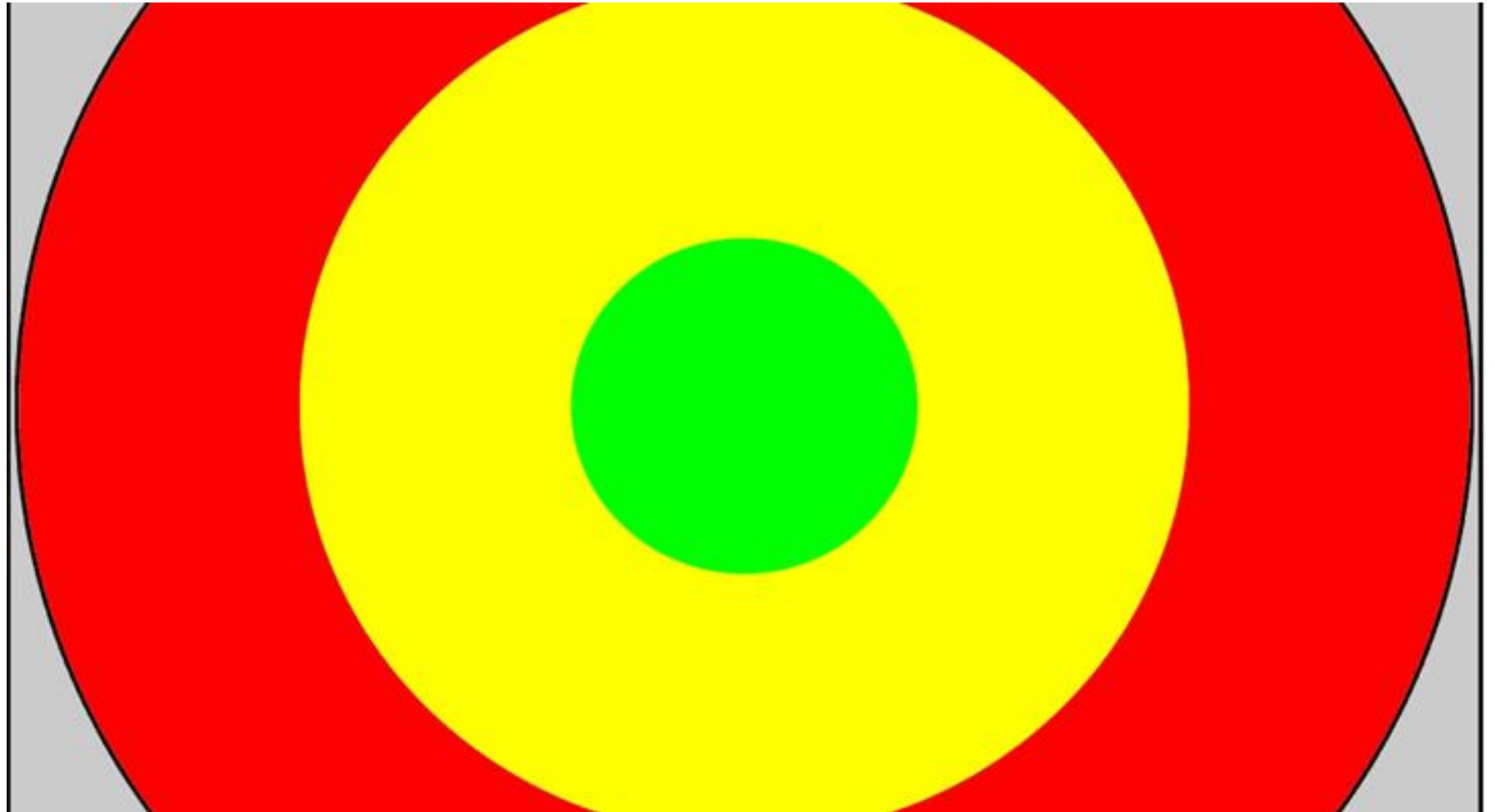
Development of mathematical resilience toolkit

	The Growth Zone Model (Johnston-Wilder et al, 2020)		The Ladder Model (Bruner, 1966)
	Relaxation Response (Benson, 2000)		The Hand Model of the brain (Siegel, 2012)

Hand model of the brain



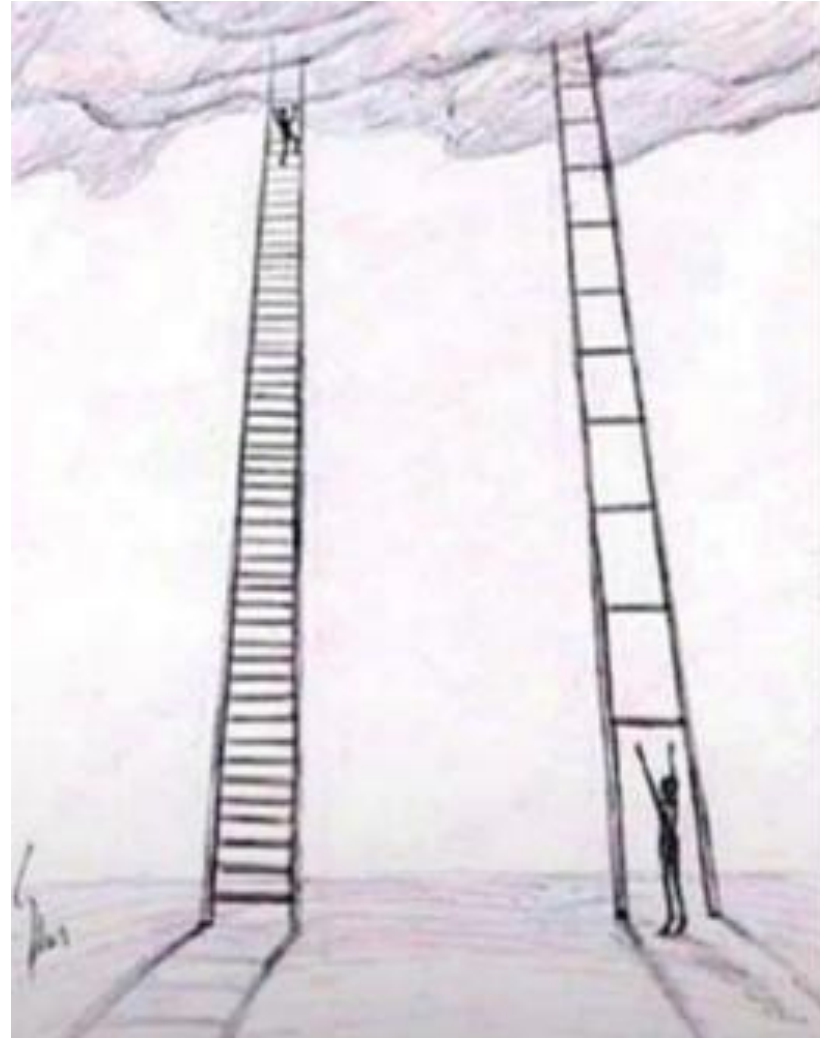
Growth zone model



Relaxation response



Learning ladder



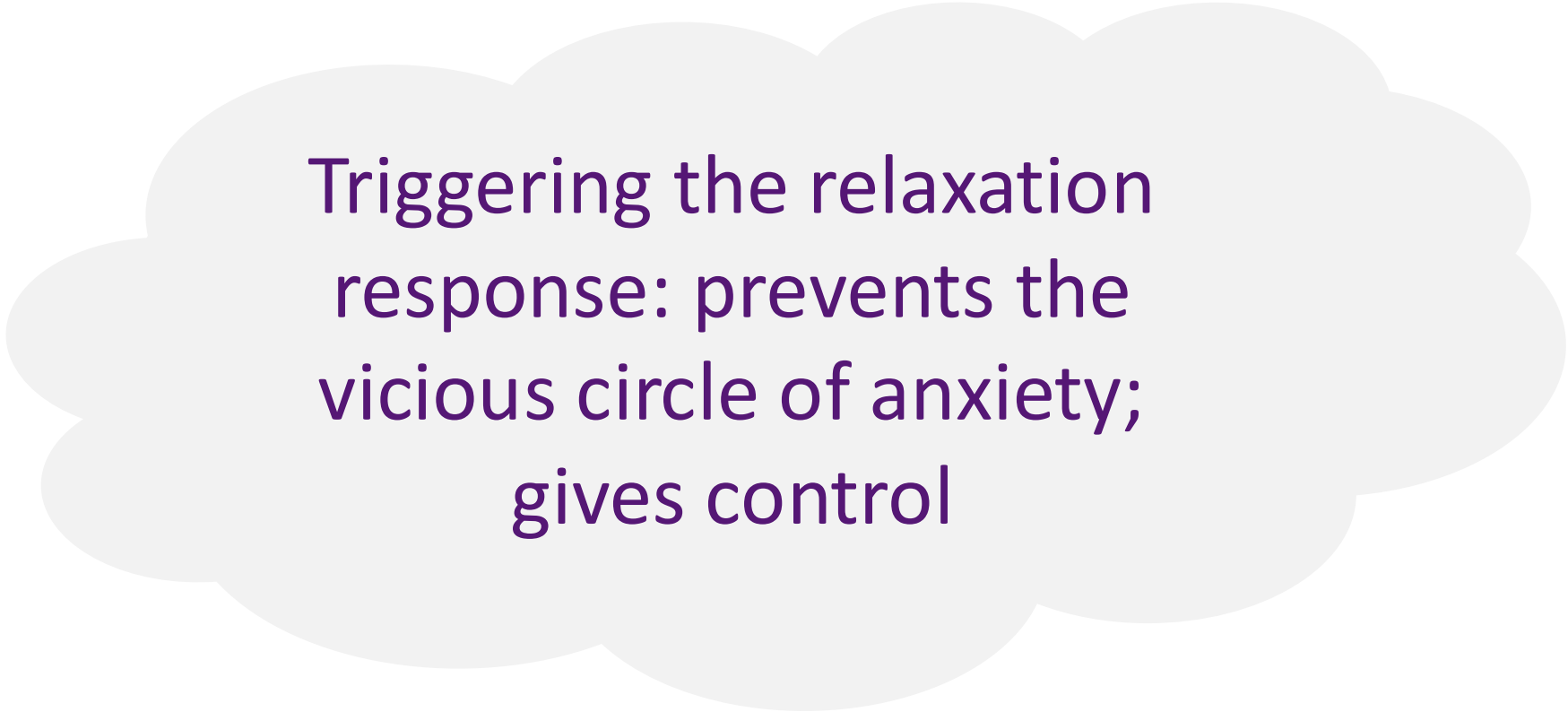
"I need
another
rung"

Ladder: Priority of the ladder (small manageable steps and knowing you can get off at anytime)

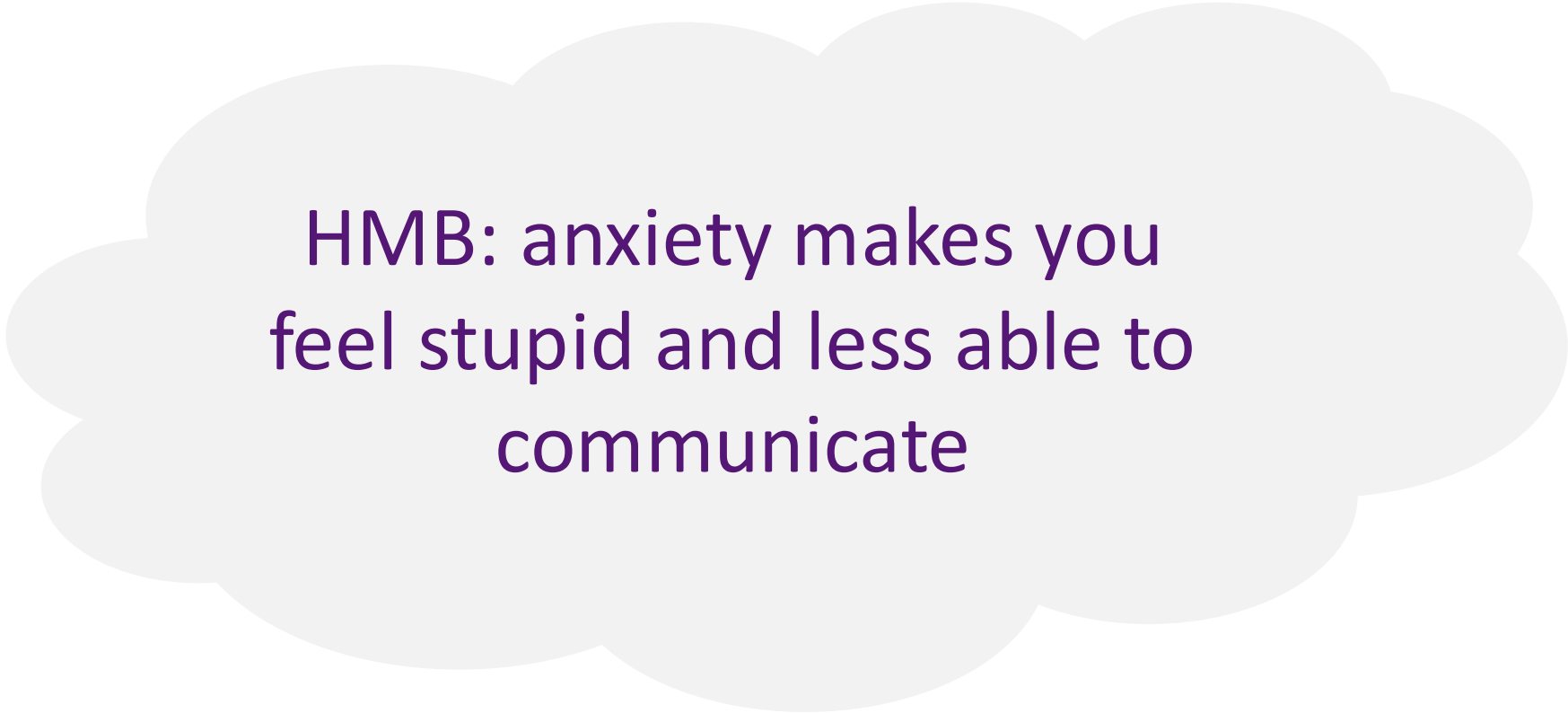
Reflections

“!I didn’t know the
orange zone existed”

GZM: helps understand when
I can push myself
(in context of AS burnout)
Language helps with
awareness and self safe-
guarding



Triggering the relaxation
response: prevents the
vicious circle of anxiety;
gives control



HMB: anxiety makes you
feel stupid and less able to
communicate

Thank you – any questions?

