

Online Coaching for Mathematical Resilience

- Anyone over 16yrs to learn how to coach themselves and peers when learning mathematics (8 sessions x 2 hours)
- Addresses maths anxiety and avoidance
- Amygdala Coaching Associates Certificate in Coaching for Mathematical Resilience
- Maximum 16 participants per course

What's in it for you?

- Overcome any fear of maths
- Develop a 'can do' attitude to maths problems
- Develop self- and peer-coaching skills
- Learn how to take a problem-solving approach to maths
- Learn to support each other in solving mathematical problems
- Learn how to manage emotions that arise when doing maths

What: 8 sessions

When: 18:00-20:00 Thursdays 1st October-19th November 2026

Where: via Zoom

Assessment: Attendance at minimum of 7 sessions is essential. Assessment is via a portfolio of evidence of coaching self and peers to develop Mathematical Resilience.

How much: £160 **Special one-time offer**

- Research-based Coaching for Mathematical Resilience
- Challenge beliefs about maths that are unhelpful eg. "maths is difficult; only clever people do maths"; "clever people find maths easy; I'm not one of them so I 'don't do maths'"
- How to create a safe environment for learning mathematics.

Amygdala Coaching Associates team

Sue Johnston-Wilder

Janet Baker

Participants

Commit to attend 8 sessions, wholeheartedly

Commit to creating a portfolio of work.

Agree to provide anonymous responses to 2 surveys (before and after) and an interview.

If you are interested in taking part, or have any queries, please contact:

amygdalacoachingassociates@gmail.com