GRASSROOTS WORKSHOPS

WORKSHOP FACT SHEET



How To Heal Your Math Trauma With Math Therapy

by Vanessa Vakharia

$49.00

(**$58.80** for 12 months access)

View Workshop

Subject: Mathematics

Start Date: Immediate access

Access: 4 months

Timing: Self-paced with no set meeting time

PD Hours: 3 Professional Development Hours

Credits: 1 Graduate Level PD Credit Available

Topics Covered:

- Math Anxiety
- Growth Mindset
- Math Trauma
- Confidence In Math
- Socio-emotional Learning

One tree will be planted per registration (partnership with One Tree Planted).

About This Workshop

Do you dread teaching math because your anxiety around math makes you feel like an imposter in the classroom? Do you suspect you might have math trauma that hasn't been unpacked or healed yet? Do you want to avoid passing your complicated feelings about math onto your students? If you answered yes to any of these questions, this mini workshop is for you!

We'll begin by exploring why it is that so many of us have such complicated relationships with math (hint: it's not your fault, it's Matt Damon's!). Then we will dig into math trauma and start figuring out where your math anxiety comes from. From there I will take you through the 5 step Math Therapy process, equipping you with the tools and strategies needed to identify, unpack and heal your math trauma so that you can help your students do the same!

About the Instructor



Vanessa Vakharia

Known as the Lady Gaga of math education, Vanessa is the founder and director of The Math Guru, a super cool boutique math & science tutoring studio in Toronto that's changing stereotypes about what math education looks like. She is also the host of the Math Therapy podcast, author of the Math Hacks Scholastic book series, and lead singer/keytarist for rock band Goodnight Sunrise. She has her Bachelor of Commerce, Teaching Degree, and Masters of Math Education. She appears regularly on national television and news outlets as an expert in math education and math positivity, and her #goals are to be Oprah-level-famous and to totally change math culture so that STEM is finally as cool as every single Taylor Swift song ever written. She failed Grade 11 math twice, which was the best thing that ever happened to her.