

5 National Numeracy Day

Tips for Getting Confident With Maths at Work

No matter what job we have, we use maths every day – for example when budgeting, organising schedules, measuring materials and managing our time. It might not be exactly like the maths we did at school, but it is maths.

If we feel anxious about numbers, it can make us feel less confident and make it harder to progress in our careers. But there are some things that we can do at work to make numbers feel less daunting:

1

Don't rush – maths at work is not a race.

Feeling under pressure to get answers quickly can make you feel even more anxious about maths. But it's more important to be right than to be fast. Try to stay calm and take the time to find an approach that you can feel confident with.

2

Talk about how maths makes you feel and ask for support if needed.

You might think you'll look silly or be judged if you say you find maths uncomfortable, but many people feel the same way. It can be hard to speak up if you're struggling, but if you point out an area you need help with, employers and colleagues are often very supportive.

3

Find the right place to do the maths.

Often people feel stressed when doing maths in front of others and a busy and loud workplace can make it hard to focus. Finding a space away from colleagues to tackle maths tasks can help you feel less pressured. If that's not possible, try asking people to give you some time and space to work it out and come back with the answer later.

4

Use any tools available to help – maths at work isn't an exam.

Many people think that they aren't good at maths if they can't do it in their head. But in everyday life, maths doesn't need to feel like a test. There are many tools in the workplace that can help us, like calculators or even using Google or Youtube. Big tasks can often be split into smaller ones that feel much less daunting.

5

Being anxious about maths isn't the same as being bad at maths.

If you feel uncomfortable doing maths at work, it doesn't mean that you can't do it. With practice and the right support, you can improve your skills and become more confident at work.



Start feeling more comfortable with maths now by trying our free online resources, designed for adults with low confidence.

Give it a go at nationalnumeracy.org.uk/challenge/confidence-scale