Overcoming fear & anxiety to find your Authentic Voice as a teacher

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My story...

The hardest bit

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Anxiety

- All of us have it to some degree – we find ways to cope/hide it

- Anxiety is a maladaption of fear – fear can be useful, anxiety not so much

- Fear & Anxiety scale

  - Fear in the immediate/milliseconds

  - Acute Fear in the seconds to minutes

  - Chronic Anxiety

Can anxious people be good presenters/ teachers?

- Umm, yeah!

- Know who you are but don't let it define you

- You are enough as you are

- Energy levels

- Why do hard things?

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The teaching high

- The thrill of a live 'performance' can enhance endorphin, serotonin, dopamine, and adrenaline levels in the body

- They all help to reduce anxiety!

- Researchers refer to **flow state** as the "optimal experience"

- When we are in **flow state**, we perform better

Getting into a "Flow" state: a systematic review of flow experience in neurological diseases
https://link.springer.com/content/pdf/10.1186/s12984-021-00864-w.pdf
The effects of "performance adrenaline" on the performing singer
https://sci-hub.se/10.1080/23268263.2016.1159432
Effects of exercise and physical activity on anxiety
https://www.frontiersin.org/articles/10.3389/fpsyt.2013.00027/full
https://positivepsychology.com/mihaly-csikszentmihalyi-father-of-flow/

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My tricks

- Exposure to what you find terrifying – one step at a time

- Knowing your shit

- Focus on helping and educating others

- Have fun! When you have fun, your students do too

- Clothing counts

- Prepare/don't prepare

- Shitty jokes

- Mindfulness techniques

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Finding your authentic voice

- Love your clients! Your way

- There's only one you – cliché but true

- People can smell inauthenticity a mile away

- Your Pilates knowledge + YOU = your authentic voice

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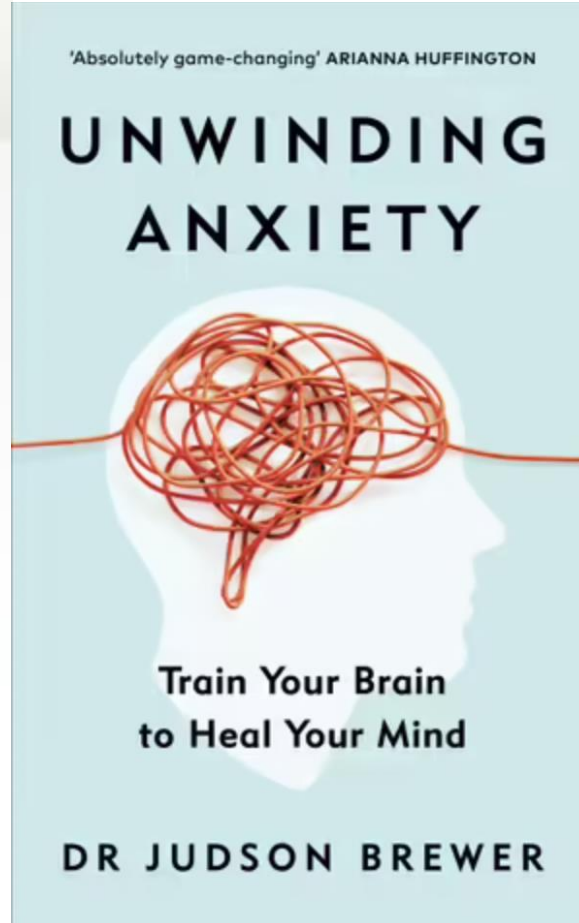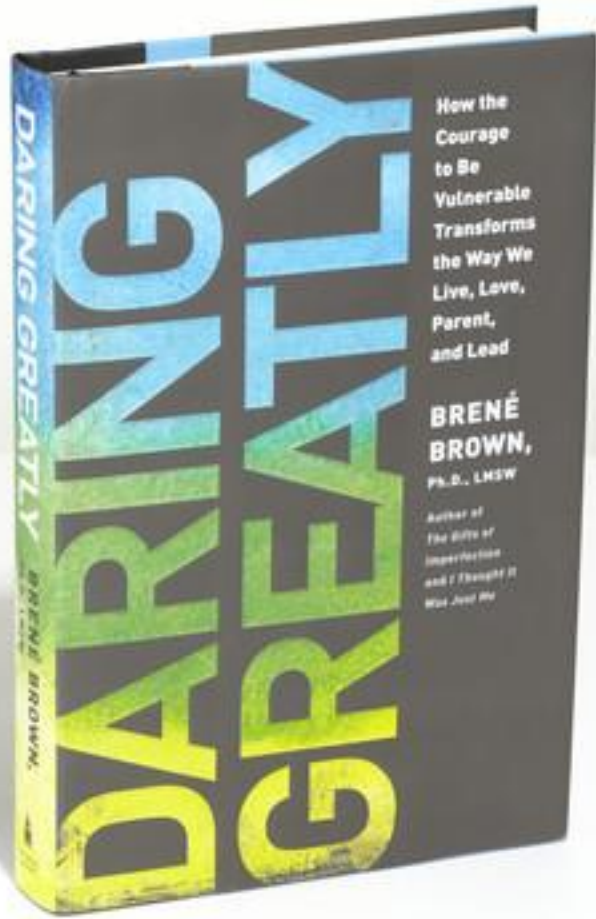
Resources

- Anything Brené Brown

- Unwinding Anxiety by Dr Judson Brewer

- Unwind app

- The community you build around you

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Questions?

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