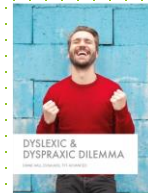


Test Day Stress Busters:

Amazing techniques to help you and your learners combat test nerves & anxiety



Diane Hall aka 'The Witch'!
DVSA(ADI), TFT-Advanced



Diane...



Don't answer it...



L OF
AWAY
2 PASS

Whatever you do, Diane ...





I can't help it

I just can't do this

I hate public speaking

Oh my god I can't breathe

Why did I ever agree to this

They're all going to hate me

What if everyone laughs *

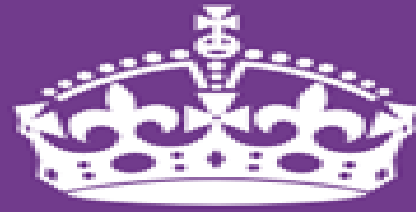
I've forgotten everything

I feel so sick

***please laugh otherwise I really WILL have a
panic attack - and need a therapist!**

I don't know what to do...

DIANE YOU MUST



**KEEP
CALM**

AND

**CARRY ON
PRESENTING**

Not so funny if that's how you feel about
your Standards Check!

Today is going to change that...

How your brain works, methods to prevent sabotaging self talk,
combatting test nerves & demonstrations/questions

ADI 17 years, 2008 Grant from Millenium Awards Trust Social Entrepreneurs:
trained as therapist & wrote L of a way 2 Pass, to help learners overcome
negative emotions, and help pupils with dyslexia/dyspraxia.



Combination of therapies to give you simple & highly effective techniques
CBT/NLP/TFT

Free eBook for all delegates containing amazing technique to combat
nerves, panic, anxiety, stress, fear, frustration

And to stop your pupils muddling up left and right!

Lots of information in 20 minutes
slides comprehensive to view afterwards
on the website & for those that can't make the talk!

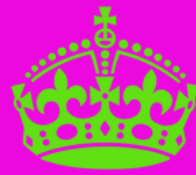
The aim of this presentation is to help you...



So, we're going to create a SC scenario,
by having some audience participation...



L OF
AWAY
2 PASS



**KEEP
CALM
IM
ONLY
JOKING**



So, how did that **MAKE** you feel?

Excited to come up on stage or dreading your name being called?

Did I **MAKE** you feel nervous, or was it your **CHOICE**?

Would you like to **CHOOSE** how you feel on your SC?

Imagine **THAT** letter has arrived, 'inviting' you to your Standards Check...

Some ADIs love it, but for many it's a feeling of dread & sleepless nights

Two typical responses, what's happening in our
brain & finally techniques to control our thoughts and emotions

1: Give ourselves a 'good talking to'

It's only a test

I must keep calm

It's all in my head

I'm being irrational

Pull yourself together

I must stop panicking

We use these 'Protective Measures' to try to calm ourselves & rationalise the situation and our feelings

2: Go into 'denial'

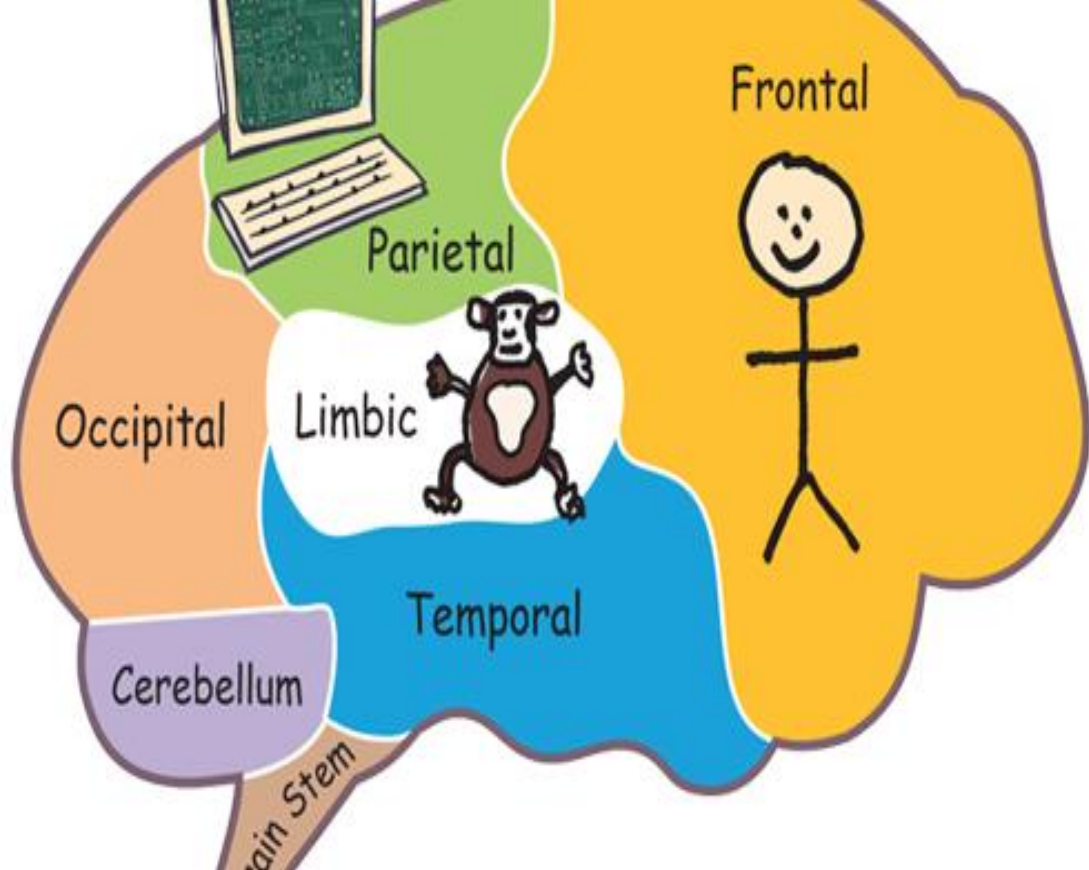
Shut the letter and our emotions in a drawer to try & forget about it,
BUT then it gets closer and closer and the anxiety gets more and more,
until it's **DOOMSDAY!**

Do either of these methods work?

Of course not!

You can't beat your emotions into submission by will power or by ignoring them and hoping they will go away!

We need methods to calm our emotions, so we can think rationally, and for that we first need to know how our brain works...



PARIETAL LOBE (**COMPUTER**)

Long term memories stored here & accessed by you and your Chimp from info you've BOTH put there!

PRE FRONTAL LOBE (**HUMAN**)

The humanistic, rational, logical, thinking part of the brain that is 'you'

LIMBIC SYSTEM (**CHIMP**)

Hypothalamus Thalamus
Hippocampus **AMGYDALA**

The 'emotional part'

We experience emotions
5x faster than logic!

What happens when we receive our SC letter?

Chimp is 5x FASTER so it gets to the computer first!

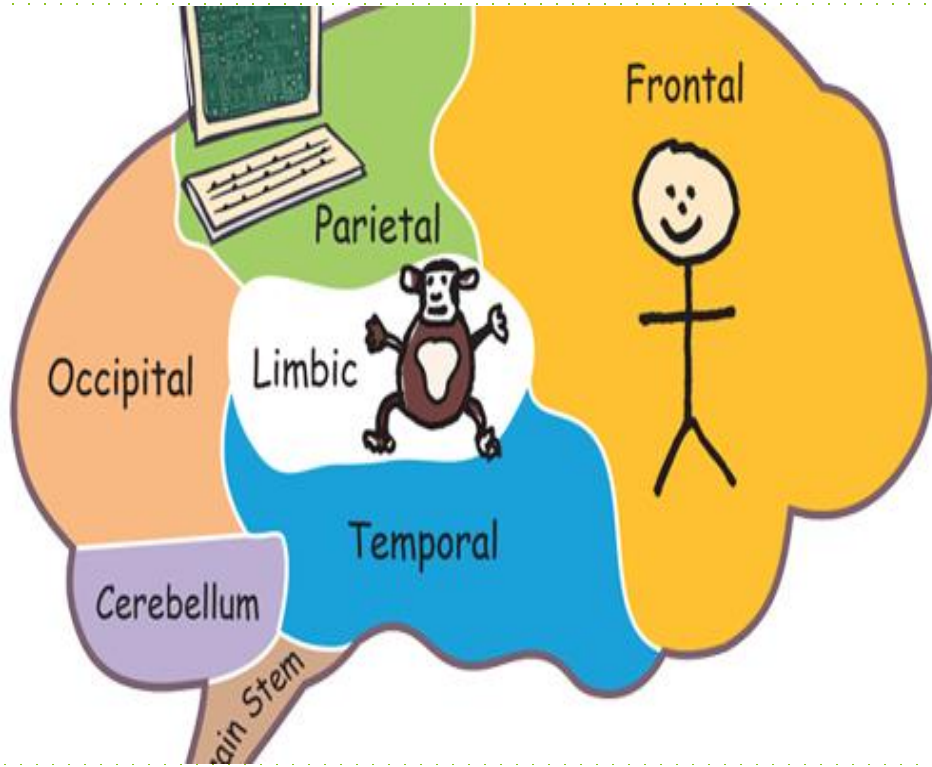
It acts on what it BELIEVES is true & goes searching for evidence to support that belief...

*It's so intimidating
I'm awful at exams
I hate being watched
SCs are nervewracking*

If we don't stop our chimp our bodies will flood with stress hormones, such as cortisol & adrenalin!
Fight, Flight, Freeze!

So what's happening in YOUR brain at the thought of coming up on stage or when your SC letter arrives?

People respond in different ways:



If you're calm & thinking rationally, may thoughts like 'well I'm not keen, but I can do this, it's only another lesson, I've passed my part 3 etc.'

But if your Chimp takes over, it will search through the files in your computer for any **Events/Data/Emotions** to support why it should go into panic!

At which point who is in control, you or your Chimp?

So, how can you control your Chimp?

By The Power of Language!

Our language creates feelings and emotions,
and pictures in our minds, ultimately creating our behaviours and traits

Determines whether we act on our Chimps' commands or our Human commands

You are calm and rational with your pupils, because you're not under pressure,
but when **YOUR SC** letter arrives are you Human or a Chimp?

You have the power to decide...

You can let your Chimp take over, along with all it's anxiety
becoming hostage to your emotions!

OR

Use positive language & pictures to support and soothe your Chimp,
enabling you to think calmly, logically & rationally!

Easier said than done? Jade's story...

***'I failed my test at a big roundabout & I KNOW
it's going to be the same on my next test.'***

***I hate them, they really scare me, I always panic,
my mind goes totally blank and forget everything'***

This generates **'Anticipatory Anxiety'** (fear of the fear)
Negative phobic language & fearful images increase
producing high levels of stress hormones
creating vicious circle of anxiety

Every time she approaches a big roundabout, her Chimp is preparing
to start the adrenalin rush, sending her into fight, flight or freeze...

All because of the negative language and pictures she was creating!

It took just ten minutes to 'Cure' her of her fear...



ABC Technique

Created by L of a way 2 Pass & features in our eBooks/Courses

Will power does not work nerves, stress, panic, anxiety, intimidation...
can't fight or control your chimp, but you CAN nurture it and then manage it!

A

A simple change in language that can be done in less than 2 minutes enables you to acknowledge & accept the emotion you're feeling

B

The use of just **TWO** words then causes your Chimp to accept that your logic file is far stronger than your emotional file & give up the fight!

C

Chimp is now Calm!

The technique took just 10 minutes... at the end of which...

Jade wasn't producing high levels adrenalin & cortisol,
so she could think clearly, logically, calmly & rationally

Instead of going into blind panic, Jade was in control, not her Chimp!

Resulting in her saying afterwards:

'I don't know what I was getting myself so worked up about,
I used to dread roundabouts, but they're not that bad reallywhen you think about it!'

The ABC Technique

Very versatile and used for any situation:

pupils can use it for emotions, tests, scary roundabouts/hill starts

Come and have a chat to see how you can use it for your pupils and your SC!



Now, with my 'Witch' hat on... Thought Field Therapy

Fast & effective: can be done in car or at home when experiencing negative emotions or by 'The Witch' in the two minutes before examiner comes out!

US Government working with TFT Charitable Foundations
Troops returning from Afghanistan with PTSD,

Rwandan Genocide - almost 1 million killed within 90 days
Treated survivors including children & one year follow up

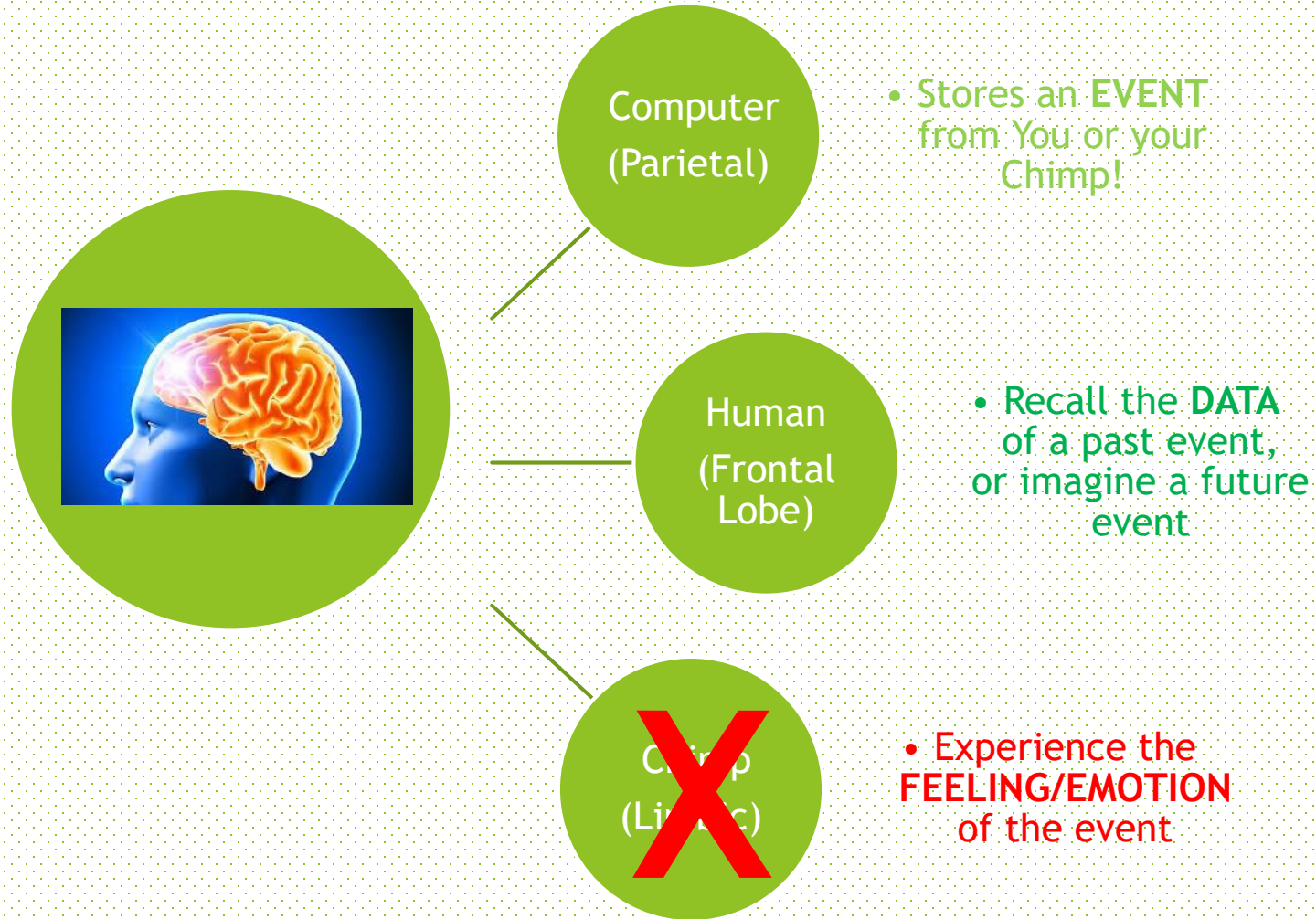
Virgin Airways use it for people with fear of flying!

Like an antibiotic – doesn't require 'belief' for it to work – so be as skeptical as you like

Stops pupils muddling up left and right!

Thought Field Therapy: How does it work?

Very well, thank you. Next Question!



TFT disables the negative emotion

What can it be used for?

Panic, Nerves, Stress, Fear, Anxiety, Worry,

Intimidation, Embarrassment,

Frustration, Anger, Jealousy, Rage, Guilt

Driving anxiety, phobia, including motorways, previous accidents etc.

(other fears: Spiders, Flying etc!)

POSITIVE EMOTIONS:

Self Esteem/Confidence

Visualisation for Peak Performance

Who here has pupils who muddle up left and right?

What is Psychological Reversal?

▶ Psychological Reversal

- ▶ Muddling up left/right
- ▶ Sequencing issues
- ▶ Forgetfulness – what you went upstairs for!
- ▶ Glasses on head!
- ▶ Got out of bed wrong side
- ▶ Just one of those days!
- ▶ Self sabotage

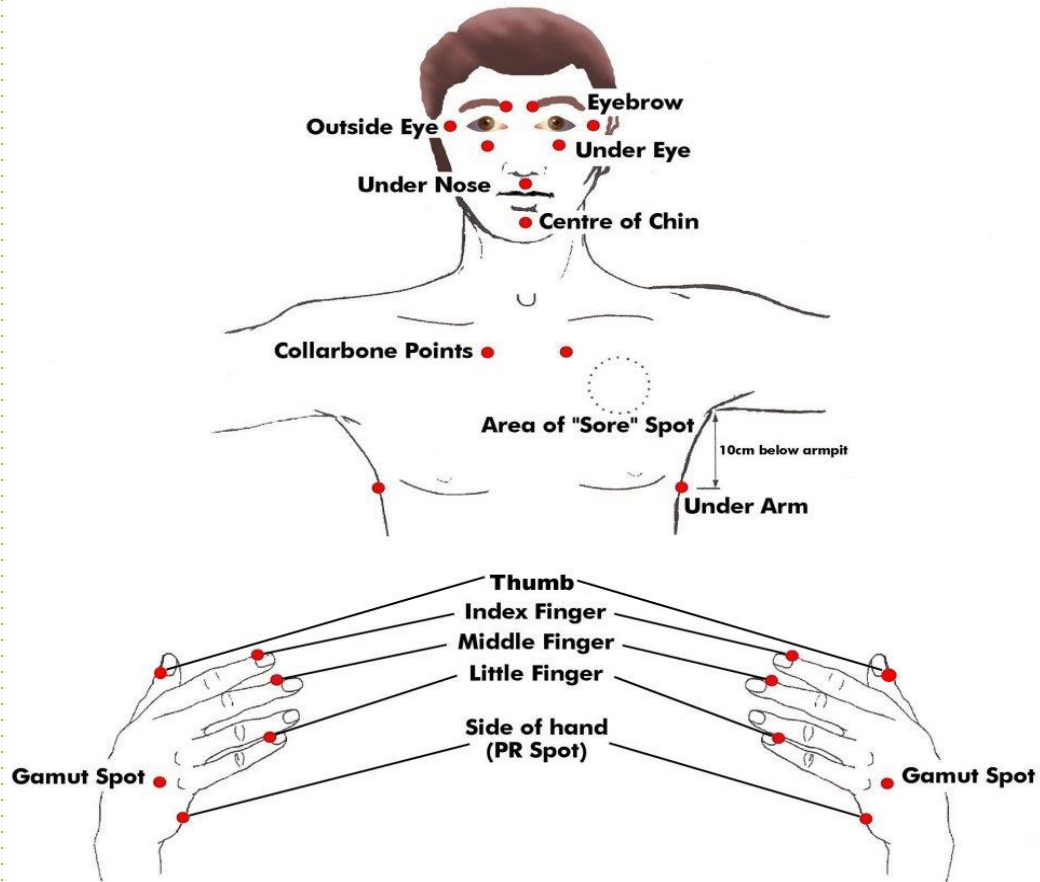
▶ Specific Reversal

- ▶ One particular area, eg manoeuvres, hill starts driving test nerves, SC nerves
- ▶ Drive/teach well generally but not in test situation
- ▶ When your Chimp takes over and you start talking yourself into failure

**10 SECOND TECHNIQUE SOLVES ALL THESE
ISSUES: PART OF COCKPIT DRILL!
Enhance concentration, focus & performance**



TFT Treatment Points chart



Frustration

Outside of Eye

Little Finger

Middle Finger

Panic, Nerves, Stress,
Fear, Anxiety, Worry,

Eyebrow

Under Eye

Under Arm

Collarbone

Anger

Little finger

Visit our stand to get your free eBook
Combatting Test Nerves

& enter our competition to win:

L of a way 2 Pass Instructor Online Course
1-2-1 Test Stress Buster Session

A website – courtesy of

NEWDRIVER
PROGRAMME.COM 

Workshop in Manchester on 18.10.19

Ask me for details!

How about a workshop for your Local Association?