

# ENGAGEMENT PACK GUIDE

What's included in the pack and how to run a  
Time to Talk Numbers session for Number  
Confidence Week

# GET INVOLVED

Your Number Confidence Week Engagement Pack includes everything you need to get talking about numbers this November.

Confidence conversation, cuppa and a chat, brew and banter, number natter... whatever you want to call it, we don't mind! The important thing is to get chatting about how you feel – it's a great first step to giving your number confidence a boost.

## Who's it for?

Our Engagement Pack is for anyone who wants to feel good about numbers or needs a confidence boost when it comes to using everyday maths. You can use the Engagement Pack with colleagues, students, beneficiaries, residents, community groups, people who use your services... anyone!

## How do I use it?

You can use the pack to facilitate conversations online or in-person, whether you're having a one-to-one chat over a coffee, facilitating a virtual group session for colleagues to help them get on at work, or hosting an all-day engagement event for multiple audiences. You'll find conversation starters, top tips, prompts and tools to help you get the conversation going and keep the confidence flowing.

## How long should the conversation be?

We recommend that conversations last between 10 to 30 minutes but it's completely up to you. There are tools to use that spark quick conversations, as well as guidance that can help you dig deeper into certain topics. Whether it's two minutes or an hour – you'll help people to explore their feelings about numbers and help them to see the value of numeracy in everyday life.

# WHAT, WHY, WHEN...

As part of our Number Confidence Week campaign, we're helping the nation to get comfortable with numbers by encouraging people across the UK to give their number confidence a boost.

**What?** The week provides an opportunity for us to talk about how we feel about maths. It's a marmite subject but the truth is, we all use numbers every single day. There are no maths questions or calculations in the sessions – just a chance to share your thoughts and experiences, good or bad.

**Why?** 49% of the UK's working-age population have the expected numeracy levels of a primary school child and it's holding people back at home and at work. It can also make challenges like the cost-of-living crisis even tougher to face. But everyone can improve their numeracy and talking about numbers is a great first step.

**When?** Number Confidence Week takes place from Monday 6 to Friday 10 November but we're encouraging people to get talking throughout the whole month – find a time and place that suits you!

# ENGAGEMENT PACK CONTENTS

# WHAT'S INCLUDED?

## Time to Talk Numbers Slide Deck

A PowerPoint presentation that will help you facilitate a conversation about number confidence, with slides you can run through during the session and handy notes for the host.

## Posters

Ready-to-use posters and editable poster templates to help you promote your session in your workplace, setting or community. They can be used to promote any Number Confidence Week events you're hosting too.

## Myth buster cards

A handy tool to help you bust maths myths and get the conversation started. Perfect for in-person events or online sessions.

## Information about dyscalculia

Posters that can help you raise awareness and tip sheets to support with people dyscalculia.

## Chuck it in the bucket

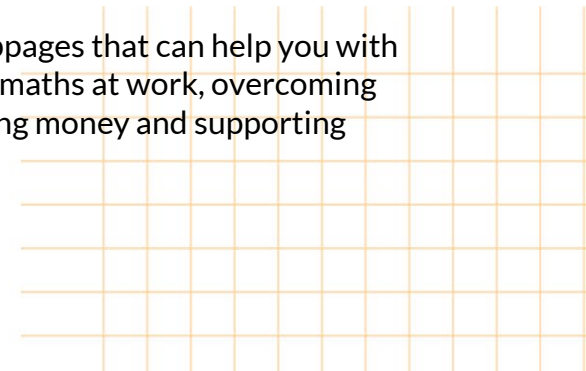
A printable tool that can be used to help people understand their feelings about numbers and feel more in control. For a great conversation starter at an in-person event, why not try this with a proper bucket and some post-it notes or cards!

## Habit tracker

A tool to help people build their number confidence up during Number Confidence Week and the month of November. A great next step for anyone who wants to try the National Numeracy Challenge.

## Top tips

Top tip sheets and webpages that can help you with getting confident with maths at work, overcoming maths anxiety, managing money and supporting children.

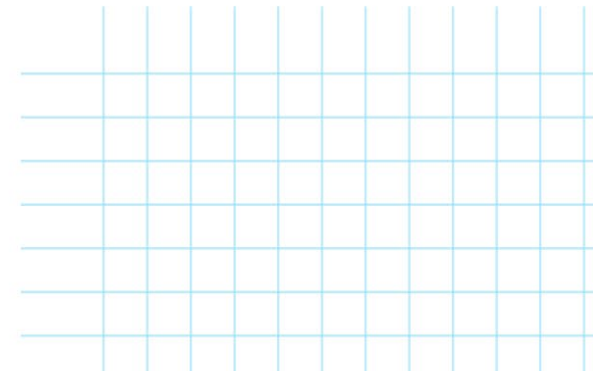


# HOSTING A SESSION OR EVENT

# PLANNING YOUR SESSION OR EVENT

Before you get started, there are a few things to think about when it comes to planning a session or event. Think about the questions below to help you get started:

- When will it take place?
- Where will it take place? Online or in-person?
- Who is your audience? Who will you invite?
- Do you want it to be relaxed and informal or a more structured, facilitator-led session?
- How will you promote the session or event?
- Which conversation topic(s) will you choose?



# PROMOTING YOUR SESSION OR EVENT

Use your comms channels to tell people about your session or event. You can use the example copy below and the poster templates included with your Engagement Pack to help spread the word.

## Short copy:

Join us for a [confidence conversation/cuppa and a chat/other] this Number Confidence Week!

*We use numbers in every aspect of our lives at work and in practical everyday activities at home and beyond. We will not be doing any maths in this session.*

*The idea is to make talking about maths a little less scary and to make improving your confidence with numbers a little easier.*

*However you feel about it, everyone has something to say about maths. Join us for a chat on [insert time and date] at [place/link].*

## Long copy:

*You're invited to [insert organisation name]'s [Confidence Conversation/Engagement Session/Cuppa and Chat/other] for Number Confidence Week.*

*Join us on [date] at [time] and together, we can get number confident!*

*Feeling that we "don't get" numbers or that we're no good at maths can mean we avoid it, which only makes matters worse. Low confidence with numbers can hold us back at work and at home, can affect our wellbeing, and can have an impact on how our children feel about maths too.*

*Number Confidence Week exists to help you take your first steps towards number confidence in a safe, supportive space. That's why we are bringing our people together and joining organisations across the country to boost the UK's number confidence. **We will not be doing maths in this session.** The idea is to make talking about maths a little less scary and to make improving numeracy a little easier.*

*However you feel about it, everyone has something to say about maths and we want to hear it!*



# TIME TO TALK NUMBERS

Information to help you run a session

# CHOOSING YOUR CONVERSATION TOPIC

There are lots of possible topics to focus on during your session. You might want to discuss more than one topic or choose the most relevant one for your audience.

You'll find a slide for each of these topics in the Time to Talk Numbers Slide Deck. Once you've decided how long your session will be, you can use the relevant slides to facilitate the conversation.

## How do you feel about maths?

Perfect for short, informal conversations or a great conversation starter to get things going with any audience.

## How do you use maths and numbers in your job?

A great topic to use with colleagues in the workplace, or with adult learners or students when thinking about how they might use numbers in their future jobs.

## How do you use maths and numbers in your everyday life?

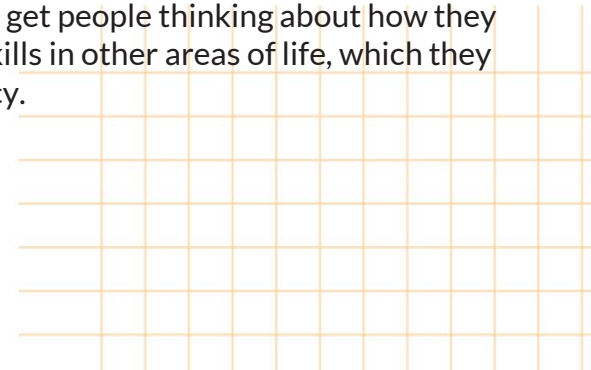
A great topic to cover with different groups, including people who use your services, customers, residents, students and community groups.

## Maths myths busting

Perfect for short, informal sessions or in-person events. Use the myth busting cards in your Engagement Pack as conversation starters.

## General confidence and skill building

Great to use with any audience, this topic is the ideal conversation starter to get people thinking about how they build confidence and skills in other areas of life, which they could apply to numeracy.



# PREPARING FOR YOUR SESSION

The sessions are designed to work without prior preparation, you can just use the slides to guide you and your team through. But you might like to do the following in advance, especially if you know that you have colleagues who are anxious about maths.

## Before the session:

- Read through the Slide Deck so you are familiar with it – using the ‘notes for facilitator’ for further guidance.
- Find out how to talk about numbers: You might find it helpful to [read our tips for talking about maths, written by Ishraq Li-Rahman, Training Officer at National Numeracy](#). This can help you be aware of everybody’s needs.

## During the session:

- Ask questions and listen to the answers
- Be patient and kind
- Acknowledge that everybody’s thoughts are valid, whether they are positive or negative about numbers

## After the session

- Encourage participants to visit the Number Confidence Week hub for practical, confidence boosting resources and try the National Numeracy Challenge to improve their numeracy.
- Send a follow up email or message to thank people for joining your session and for sharing their feelings, experiences and perspectives.

# GET IN TOUCH



Got any questions?

Email [jade@nationalnumeracy.org.uk](mailto:jade@nationalnumeracy.org.uk)

Tell us about it

If you host a session or event, we'd love to hear about it.

Share your photos and videos with us by tagging us using the social media handles below or using **#NumberConfidenceWeek**.

- **LinkedIn:** National Numeracy
- **Twitter:** @Nat\_Numeracy
- **Facebook:** National Numeracy
- **Instagram:** @National\_Numeracy