



When I went to college to study Exercise and Health Science, I saw the importance of equations, fractions, using graphs etc., to work out measurements and assess my clients' progress.

As a coach, no matter what, I need to constantly record and monitor my client's activity and progress, movements and nutrition, to ensure they are working at peak potential to hit their goals. Without Maths, I wouldn't be able to do the job that I love and am passionate about!

Anya Ksenia Farrell - Fitness Instructor, Personal Trainer and Gymnastics Coach CARLOW



As a carpenter, I use Maths daily to work out how much timber and materials are needed, to calculate costs, and to give estimates to customers.

I use trigonometry and geometry to make sure that angles, joints and fittings are perfectly aligned. Sport is another area of my life where Maths is important. In hurling, statistics are used to learn how we can improve our fitness and our accuracy in scoring. Since leaving school, I've realised the importance of Maths in two of the most important areas in my life: my professional career and my sporting career.

Enda Dunphy - Apprentice Carpenter and Tipperary Hurling County Player TIPPERARY



I loved maths in school and always thought of maths as the gymnastics for the brain!

As a major incident manager for Sun Life, I look after the coordination of technical teams to make sure any IT issue is fixed with minimum delay. We deal with large amounts of data and numbers for reporting purposes. Understanding how to interpret information through algorithms and queries is crucial for meaningful results.

I also work as a car mechanic and in both my professional roles, critical thinking and problem-solving skills involving Maths help me to successfully address daily challenges.

Sarah Tisseaux - Major Incident Manager, Sun Life WATERFORD



To be honest, I never really liked Maths in school and I wasn't the best at it, but Maths is now my ultimate Swiss Army knife.

I use Maths every day without even thinking about it, like nailing those precise measurements for distances and jump heights, or figuring out just the right speed to clear those jumps! I also use Maths in map reading on the trails. I'm deep into bike specifications and Maths helps here too. Maths is a secret formula that adds precision and thrills to my mountain biking escapades!

Jack Sweeney - Mountain Bike Coach and Trail Lead DONEGAL

MATHS AT WORK!

#IUSEMATHS



As a Youth Coordinator, I deliver our financial literacy programme 'Money Smarts' to secondary school students, inspiring the next generation to be super confident when it comes to all things money highlighting the positive impact that can have on their overall wellbeing.

Maths was a "Meh" subject for me in school. I never really realised how important Maths was for my future. The better your understanding of Maths and finances, the more informed your future financial decisions will be.

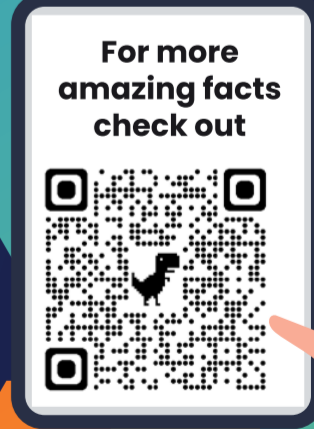
Rachel Watts - Welcome Advisor and Youth Coordinator, Bank of Ireland AREA NORTH



I represent Ireland and Adidas in athletics. I currently hold national records in the 60m and 100m sprint events, making me the fastest Irishman in history!

Races are often won by a difference of 0.01 seconds. To put this into perspective, it takes on average 0.3 seconds to blink! In school, I always liked Maths and problem solving. I didn't always get the best grades, but that didn't stop me from enjoying it. It's cool to have been able to work on those skills in school and be able to use them now in my professional life as an athlete.

Israel Olatunde - Professional Athlete LOUTH



14-22 October 2023
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