

A Workplace Mentor Scheme Can Assist Traders in Dealing With Performance Anxiety, According to Schneider

Submitted by: Punch Communications

Tuesday, 6 December 2011

Whilst performance anxiety can affect workers across many professions, it is a particularly common problem within trading across the world. However, according to Schneider Trading Associates (STA), a structured mentorship programme can help alleviate a portion of this type of apprehension, which can severely impact on a trader's day-to-day activity as well as their long-term career.

Performance Anxiety occurs when a trader's awareness of his or her performance, and particularly the outcome of that performance, is heightened. Traders' performance skills are practiced and refined so that trades are undertaken somewhat instinctively, but when the focus is shifted to the actual act of performing it interferes with that act itself.

Matt Silvester, who heads up STA's professional trader graduate programme (<http://www.schneidertrading.com/trading/graduate-programme>), said: "There are a number of things that can create Performance Anxiety, from one poor week of trades to taking profits prematurely, from having extra financial pressures at home to wanting to impress those around you. However, when a trader is open to discussion about his or her anxieties, it can really help break the negative cycle; a mentor can assist someone to regain a healthier mindset, and focus on process goals rather than profits or losses."

Whatever the perfectionistic self-demand is, the change in the trader's mind can lead them to try and adjust their performance, which in turn can worsen the trading outcomes and the anxiety issues can increase further. STA, which has been mentoring and training traders (<http://www.schneidertrading.com/trading/training-traders>) for over 12 years, has found that those who have access to a mentorship support system are able to work through issues of self-awareness and consciousness of risk more quickly, leading to less of a disruption of performance.

Matt continues: "Not only does Schneider deliver a free of charge four-week trader training course to anyone with the desire and acumen for trading, the candidates who successfully complete the assessments are offered a place on our three year trading mentorship scheme. So whilst they enjoy the benefits of being a self-employed trader with STA in the heart of the City, he or she has access to the support of experienced traders who can guide and advise whenever required."

For more information on STA's Professional Trader Programme (PTP), its three year trader mentorship scheme and the self-employed trading jobs (<http://www.schneidertrading.com/careers/trading-jobs>) on offer, visit www.schneidertrading.com. Additionally, keep in touch with Schneider's news and views through Twitter and Facebook - @schneidertrader and /schneidertrading.

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