

Alpha

Learning Lite

Conscious Mind

The conscious mind handles around 10% of our daily functions.

This is truly only the tip of the iceberg.

The Conscious mind;

- Analyses
- Thinks and Plans
- And holds the short term memory



Sub-conscious mind

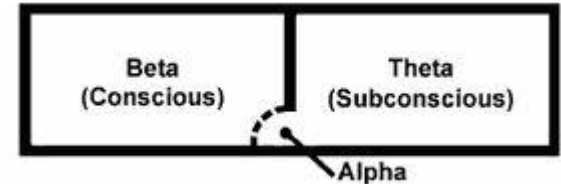
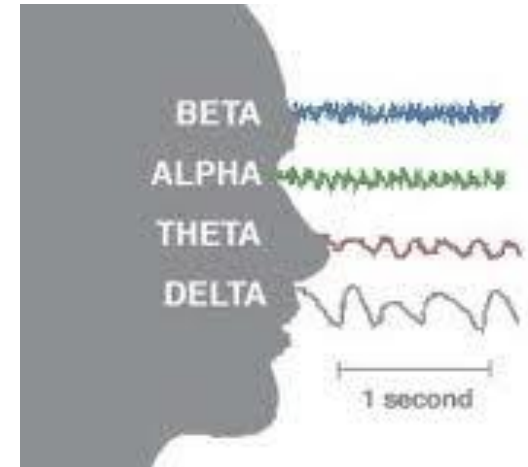
The Sub-Conscious mind handles around 90% of our daily functions including;

- Long Term Memory
- Emotions and feelings
- Habits, Relationships, patterns and addictions
- Involuntary bodily functions – keeps you breathing and your heart beating etc
- Creativity
- Intuition

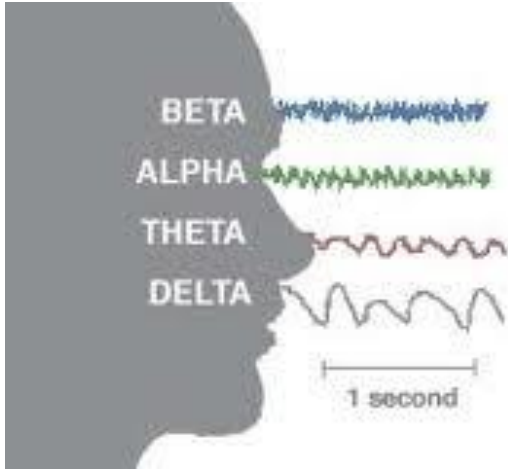


How do our minds work?

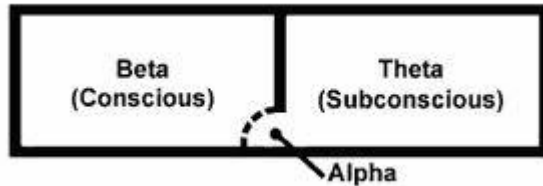
- Our senses detect and process 11,000,000 pieces of information in any given moment
- We focus on the world around us with the conscious part of our mind. This takes a huge amount of concentration
- Average concentration times are around 12-15 minutes
- For a few moments every 12-15 min we enter Alpha to allow the conscious mind to download new information to the subconscious mind



How do our minds work?



- When the same information is downloaded over and over again, the subconscious mind learns this routine
- **These are our habits**
- So we encounter a really familiar area or set of tasks - the subconscious mind is so well programmed it can take over our minds stay in Alpha state when this happens
- To other people it looks like we are day dreaming or have a thousand mile stare
- Every culture has its own name for what it looks like
- You see it all the time – in meetings, driving, on the train.....



So..... *what's Alpha again?*

- Alpha is a brain wave pattern that occurs between being alert (Beta Wave) and asleep (Theta / Delta wave)
- Alpha is the state that allows the conscious and sub-conscious minds to connect
- This is a naturally occurring state which allows us to take time out to download from our conscious to our subconscious

It's Alpha time...

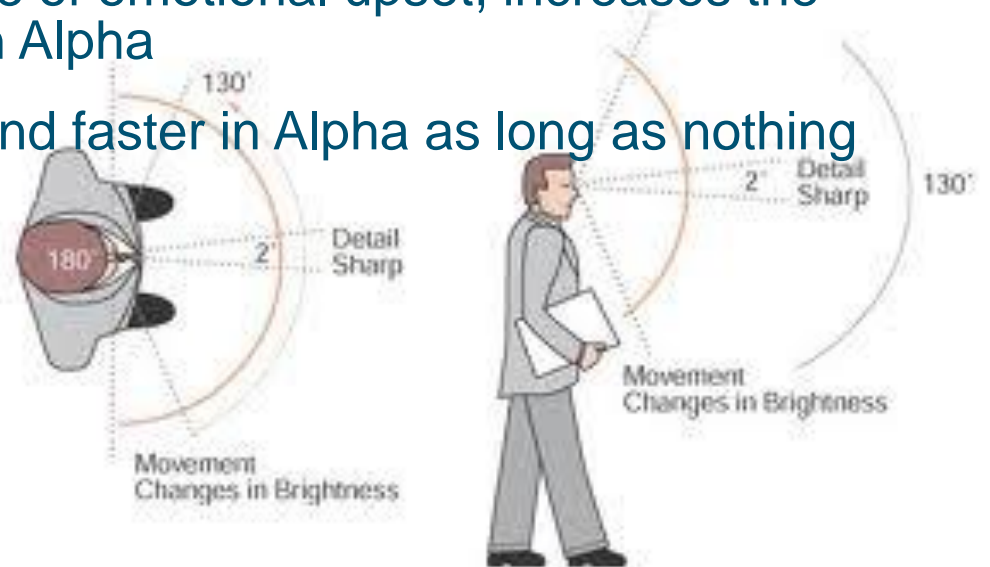


To help to associate with Alpha State:

- If you drive a particular route regularly (to work, the supermarket, the school run) have you ever arrived with no recollection of having driven there?
- Do you have a particular task that you are really experienced with, that is repetitive and something you do regularly? Ever noticed that time seems to pass without you noticing it?
- Have you ever attended a meeting, that is interesting, but with perhaps lots of PowerPoint or on a familiar topic? Remember how you drifted away, or saw colleagues drifting away?

Alpha awareness or perception....

- When in Alpha, people do not see items below knee height or above eye level. When combined with poor housekeeping, Alpha can result in slips, trips and falls which account for approximately 80% of accidents and incidents in the workplace
- The awareness that this state occurs, give us the opportunity to remind each other of the potential risks around us
- Repetitive tasks or the presence of emotional upset, increases the amount of time people spend in Alpha
- We can carry out tasks better and faster in Alpha as long as nothing around us changes!



Putting the pieces together...

Is Alpha a bad thing then?

- Provided we are in an environment that never changes, performing a task that doesn't change then no – Alpha is actually a good place to be
- Most of us actually increase our efficiency and competence
- Do we undertake these tasks in Alpha?
- Walking
- Driving
- Repetitive familiar tasks



What keeps us safe when we are in Alpha?

- Habits and subconscious routines keep us safe when we are in Alpha
- However, habits can be good or bad
- The challenge is to identify our habits, keep the good ones and replace the bad ones that we have accumulated over the years



Rewriting the programme

- To replace a bad habit or a subconscious routine or programme. requires that we coach a new habit or new routine
- To successfully undertake this, we need to repeatedly expose ourselves to the new way of carrying out the routine
- To perform this effectively we will usually need the coaching support of our colleagues
- We all know how difficult it is to break a habit on our own and also we may not be aware of the habit ourselves



Alpha Hazards...



- When we are 'in the zone' we can miss things, Alpha Hazards, that are out of it (the zone)

- We all need the help of our team mates to 'look out' for us when we hit our alpha moments



Alpha Hazards...



Remember that;

- For 10 minutes in every hour we are in Alpha
- In Alpha you are on autopilot
- You don't notice changes in your environment if the change is above eyebrow level or below knee level

Think about;

- The potential 'Alpha Hazards' in your work place
- How you can help your team remove these hazards?
- How can you look out for each other?

Alpha State - What have we learnt?



- Alpha is a natural state that all humans experience
- The average person spends 10 minutes in every hour in this state Repetitive tasks or the presence of emotional upset, increases the amount of time people spend in Alpha
- We can carry out tasks better and faster in Alpha
- To other people it looks like we are day dreaming or have a thousand mile stare
- When in Alpha, people do not see items below knee height or above eye level
- When combined with poor housekeeping, Alpha can result in slips, trips and falls which account for approximately 80% of accidents and incidents in the workplace
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