MicroMethods™
Text Training

MicroMethods™ is learning for maximum understanding. This means I get to talk less and you get to learn more.

You may have seen on our website that we overlap brain science with the creative process to deliver our programming, and you might be wondering what that is why that matters and how it all works. In this short training I will give you some insight into MicroMethods™ and how it works.

Micro-learning is an emerging concept, and its the one of the processes that I incorporate into live workshops and my online programs.

Now my books go a little deeper, so if you're into more verbal explanation along with the implementation steps, then my books would be a good way to start!

So Micro-learning is based in neuroscience and it's a more aligned way to work with our brains and their natural abilities and limitations. Not just for adults, but also for children. So this is of special interest to our early educators and other people who work with children.

Contrary to popular belief, there is no such thing as multitasking. I'm going to repeat that because its important: there is NO such thing as multi-tasking.

When we say we are “multi-tasking' what we are actually doing is toggling back and forth between one, two or more different tasks, and it's the most inefficient way for us to work. Yet most of us do this on a regular basis.

One of the limitations of the conscious/cognitive human brain is that it can only hold and process a certain amount of information at a time. This is why you forget most of what you've learned in a three to four hour workshop or training, or forget most of what you've read in a book.

When you're consuming information in this manner it doesn't get fully processed or integrated into your life unless you take the initiative to intentionally do that. And the repetition of that information in your life, reinforces it, and forms a routine or a habit, and our habits are handled by our unconscious/subconscious brain.

If you think about it, 90% of what you do all day is on auto pilot. It's a habit. When you're driving to work you're not really thinking about it, because you've done it so many times that you just do it – and before you know it you're at work and don't really remember driving to work. That's the unconscious brain.

Now this can be a good thing and it can also work against us, especially if it's an undesirable habit. But getting back to the conscious brain, or what we sometimes call our cognitive brain, It's no coincidence that phone numbers have seven digits, 10 if you count the area code. Because that's about all that we can quickly remember and piece together at a time.

Now I'm not saying that people can't remember a longer chain of numbers. What I'm saying is we have a limit on what information we can retrieve quickly. And why is quick retrieval important? Because the faster you can retrieve information the less taxing it is on the brain.

If our brains are overloaded and over-processing during the day, this is where we experience mental fatigue, decision fatigue, compassion fatigue, which all rolls over into physical fatigue, inefficiency, stress, conflict, and all those things that we don't want.

Just like your cell phone can only hold so many images, messages or documents and you have to clear them off every so often, your brain is the same way. But we are pressured every day to learn more, consume more information, especially digitally, and it's really become a situation that causes us a lot of unnecessary stress in the brain in our sensory and glandular systems and in our external physical body. Then the shows up in our life in a lot of different and distressing ways.

Migraines insomnia poor appetite, overeating, poor communication disengagement in our jobs, these are all symptoms of an overtaxed and stressed system. And here's the kicker: when our stress hormones are released, and we're feeling fatigued, that is the worst time for us to try and make decisions or learn something new. The reason is because we are in what's called Fight or Flight mode, and this is a natural occurrence from our primitive tendencies .

The fight or flight response – also known as the stress response - is form of self-protection. Once our stress hormones start flowing, all we want to do is retreat, or defend ourselves because now everything is perceived as a threat. This happens unconsciously, and this is part of the reason why we are so exhausted at the end of a work day. Because we spend most of it in stress mode, triggered by trying to learn and do and decide too many things at once.

Our brains are bombarded and forced to process 11 million bits of information each second through our sensory system. But our conscious minds can only handle about 40 to 50 bits of information each second.

So what happens is, to try and make sense of all the information and input we're receiving, our brains take what's called a cognitive shortcut, that sometimes can lead to unconscious perceptions biases and beliefs that are formed without the full context of the information that was received.

We may have only gotten a small small part of all the information there is to know about that

particular thing, and we form an opinion based on incomplete data. The brain does this not because it's ignorant , mean or unkind , but simply to save energy.

For those of you that were forced to be on endless Zoom calls over the last 3 years, you'll understand what I'm saying. After about the first 10 to 15 minutes of a video meeting or conference, you have probably found that your mind starts to wander or turn off completely.

In my case after about 15 minutes I start to get distracted and nauseated, as if I were motion sick. It's too much visual stimulation for me, with trying to listen and take notes. So I have to not look at the screen and focus on listening otherwise I have to stop. Which is one of the reasons I favor audio training and live workshops over virtual ones.

This sense of distraction during video meetings is very common, and again, there's a good reason why phone numbers are limited to 10 digits, TED Talks are limited to 18 minutes, and why learning should occur in short 10 to 15 minutes sprints with plenty of processing and application time between. Its because we cannot process all that sensory input and information at the same time. I learned this on a personal level with my previous work with children on the autism spectrum. I realized that we ALL have sensory preferences and limits and don;t recognize them.

So when we're trying to learn something new, it's actually better to try and incorporate our sensory system and our unconscious brain, also called the creative brain. And whether you think you're creative or not, everybody has creative ability even if we don't tap into it on a regular basis. We actually should because its a large part of how we actually learn.

Rather than sitting there consuming a long video or presentation for hours on end while trying to take notes, or following along in a PDF while someone is talking, a more efficient approach is to simplify and condense the information into the most important parts, honor our sensory systems, cut the fluff, and take frequent breaks to process ways we can creatively apply it.

In my live and audio programs, I present concepts in a micro learning format, along with frequent breaks and creative techniques or actions to help process it. This may include group discussion, guided journaling, collage, games, organizational tasks and other creative activities that help each individual process and understand how they can integrate it into their own life.

In my guided journals, I give specific action steps for the reader to take, to better integrate the information and concepts or tools into their own life, and this is what my MicroMethods™ are, and how they work.

So now it's your turn. Think of the last time that you came home exhausted. And then think of how much information you were consuming that day in the form of meetings or email or video training or interactions with people and so on.

Then, write down all the things that you mentally consumed that day. You can use the one page worksheet below this recording, or a notebook if you prefer.

As an extension of this exercise, write down all the things that you do on auto-pilot all day. This would include your routines and habits, such as brushing your teeth, driving to work, making your children's lunch, walking the dog, Etc. All those things that you don't have to think about every day that - you just do.

Ask yourself is there a way for you to cut down on the amount of excess information that you have to process each day. If so, what actions will you take in the next week to cut out or focus only on the information that you need to take in and what you don't need.

Now I would like for you to actually do this exercise. Don't just listen to this training and then forget about it again. This is about learning a concept quickly and then integrating that learning into your life as soon as possible. This is how we grow – by taking small actions each day that build on one another.

If you liked this training, feel free to share it!

If you'd like to share your findings and insights with me then email me personally at: signaturewellnesssolutions@gmail.com



To join my mailing list please see all the information below this audio training.

Thank you again and I look forward to working with you soon.

Barbara