



# BECOMING MORE CONSCIOUS OF OUR UNCONSCIOUS BIAS



We all have unconscious personal biases that are deeply ingrained in our brains. These biases can influence many of our decisions, including those we make at work. The first step to managing these biases is to uncover what they are. When we are aware of our assumptions and beliefs, we can start choosing which are serving us and which are holding us back.

Learn how to uncover and overcome bias in this interactive session.

## **LEARNING OBJECTIVES:**

- Define the difference between conscious and unconscious bias
- Experience highly-interactive and experiential activities that dig deep into the unconscious part of our brains
- Develop personal and team strategies on how to manage bias in the workplace
- Gain valuable tools to build more trusting and inclusive workplaces that are respectful and human centered