

# UNDERSTANDING UNCONSCIOUS BIAS

## Overview

Understanding unconscious bias lies at the heart of workplace inclusion. Bias can impact how we think, our decisions and the people around us across almost all aspects of our roles!

This training session is delivered in a fun and non-judgmental way, has been run to hundreds of people to date and always gets rave reviews. If you're looking to build a more inclusive workplace, this session is a must-have for all your people!

## The course covers

What unconscious bias is, why it's innate in us, and why it's critical to manage biases in our workplaces.

Eight biases that commonly occur at work across a range of common workplace scenarios.

Practical tips for interrupting and minimising bias, both yours and others, that really make a difference.

Hands-on relatable case studies of potential biases that will challenge the attendees' thinking

## Details

- 3 hours duration, face-to-face or online
- Great for senior leaders, leaders, human resources practitioners, team members; everyone!
- Up to 20 people per session
- Choose the case studies that are most relevant from my library of 30+ scenarios
- Key takeaway: A5 handout or online version of common biases and tips for addressing them
- Includes a planning meeting up to an hour
- This course is also available as a 'train the trainer'



## Feedback

*"I was a bit worried about doing three hours of bias training! But I really enjoyed it and had some great insights."*

*"This session made me realise that I have biases. I never would have been open to this conversation before."*



Please contact me to discuss running this training session in your workplace

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