

# RECOGNIZING AND CHALLENGING UNCONSCIOUS BIAS

Course Code: 821625

This course will provide you with the tools to raise awareness and manage unconscious bias in the workplace.

Unconscious bias, also known as implicit bias or hidden bias, occurs whether a person realizes it or not. A person may think they are fair and without prejudice but their bias may cause them to act otherwise. Based on social stereotypes or preconceived opinions, unconscious bias goes beyond gender, race and age and can be based on many factors, including religion, ethnicity, sexual orientation and abilities, to name a few.

This course introduces unconscious bias, and how it affects the workplace and decisions we make. Throughout this course, there will be opportunities to reflect and actively work on disrupting and proactively counteracting our bias. You will learn how to tackle your blind spots and encourage inclusive thinking to support respectful teams.

## What You'll Learn

In the Recognizing and Challenging Unconscious Bias course, you will learn how to:

- Differentiate between conscious and unconscious biases and their impact in the workplace
- Recognize stereotypes and their associated impacts
- Recognize microaggressions and micro-inequities
- Acquire strategies to mitigate unconscious bias and microaggression in the workplace
- Establish a foundational understanding of how bias affects decision-making.

## Who Needs to Attend

Business professionals who want to learn, promote and lead an increasingly diverse workforce and client base, and promote an inclusive environment by overcoming unconscious bias.

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