

UNCONSCIOUS BIAS

Exploring Tools & Strategies

WHAT IS UNCONSCIOUS BIAS?



Unconscious bias is a social stereotype about certain groups of people that individuals form outside their own conscious awareness - or judgments and behaviors toward others that **we're not aware of.**

AWARENESS

Leaders must be aware of what unconscious bias is and how it can affect others



What mindful practices can I adopt to reduce bias?

QUESTION & CHALLENGE



Reflect on & question personal biases through challenging the basis of my personal opinions

Is my opinion based on facts and evidence or personal belief?

ACCESS & INCLUSION

Create dialogues between diverse groups and value the time and opinion of others.



Do I actively engage and solicit feedback from others that look and think differently than me?