



## **The Essence of Personal Bias**

SAMPLE

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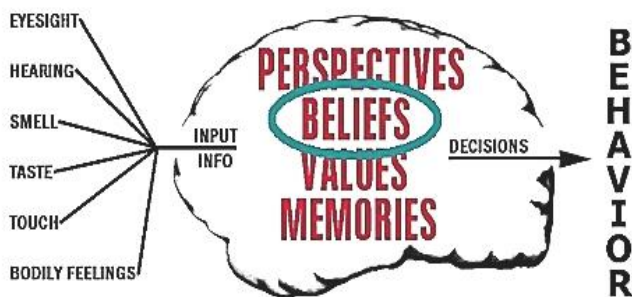
## INTRODUCTION

Every day you interact with a diverse group of people, each experiencing the world from different perspectives. The number of times you are faced with behaviors, leadership styles, attitudes or beliefs that are different than your own, is countless and unavoidable.

The complexity of navigating diverse experiences increases as we consider the dynamics of the mixture of people and the associated biases, perspectives and assumptions.

So many studies of the human brain and human behavior support that we primarily operate from our subconscious mind, which is where biases are formed.

Bias is natural and can work in our favor as the mind processes all the information we see and hear each day. They drive our personal instincts, and helps us think and respond quickly to familiar, unfamiliar and dangerous situations.



This workshop is an interactive course that explores personal biases and their impacts on your relationships at home, work and in your community. Throughout the workshop you will reflect on your conscious and unconscious biases to better understand how they guide your thinking, behaviors and beliefs.

The goal of our session is to raise your consciousness and personal effectiveness when interacting with a diverse mixture of people in familiar and unfamiliar circumstances.

### WORKSHOP STRUCTURE

MODULE 1: WHAT IS PERSONAL BIAS?

MODULE 2: SELF REFLECTION TO INCREASE AWARENESS

MODULE 3: ENGAGE OTHERS TO GAIN NEW EXPERIENCES

MODULE 4: LEVERAGE DIFFERENCES

### LEARNING OBJECTIVES

- Explore personal biases and discover the impacts unconscious biases have on relationships, decisions, and personal effectiveness.
- Engage in conversations to increase awareness, broaden perspectives, and gain new experiences.
- Practice skills to consciously manage personal biases