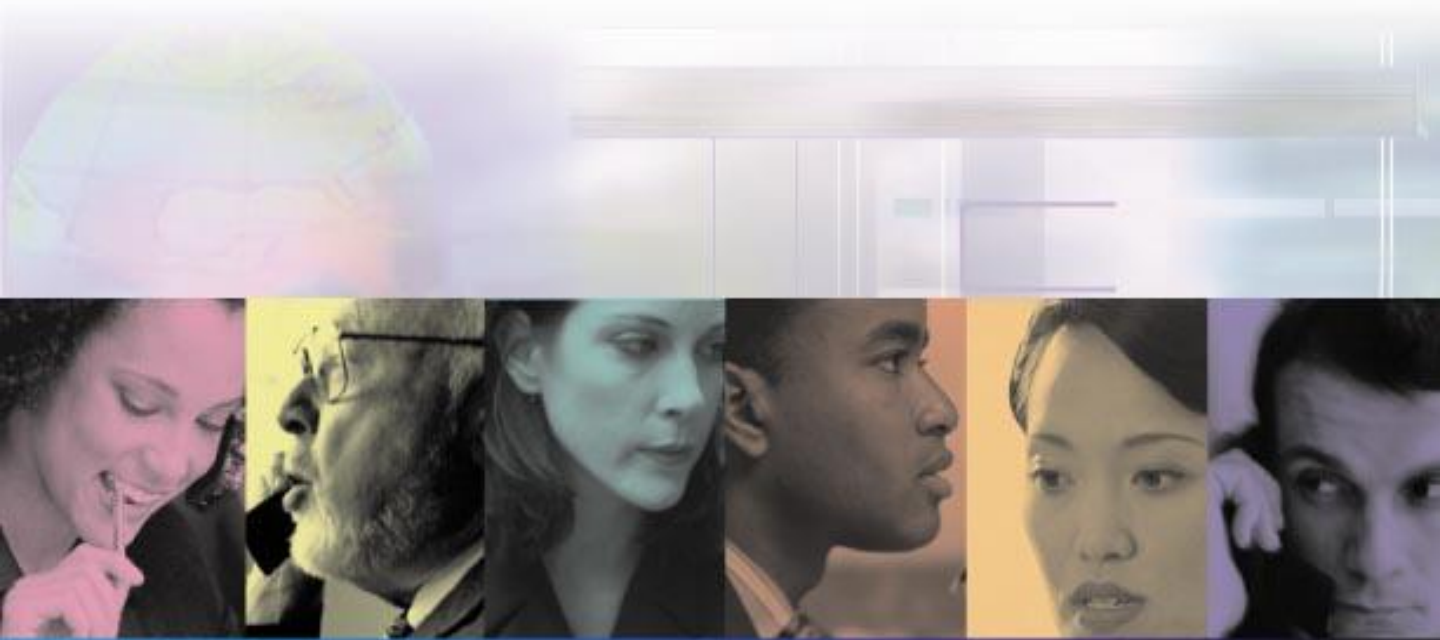




# Unconscious Bias



The FutureWork Institute

## Focusing On Unconscious Bias Through a D&I Lens

- ❑ This session starts out with experiential exercises on how we process information, the allows participants to focus on some of their early messages and how they might have led to unconscious bias.
- ❑ A video called “What Would You Do” illustrates how quickly we form opinions based on our biases. This is followed by examples of what research has taught us about unconscious bias.
- ❑ We also examine the work of Amy Cuddy, of Harvard, who has written about the “Psyche of Automatic” and use this research to show how we make immediate snap judgments on people’s warmth and competence when we first meet them.
- ❑ The final module uses a series of short videos to show how unconscious bias plays out in the workplace and the group takes turns giving feedback to the characters in the video about their unconscious biases.

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