



Unconscious Bias

Description:

Did you know that most of your behaviors and habits are happening unconsciously? We behave based on our internal beliefs, whether they are true or not. Unconscious bias is the tendency to search for, interpret, favor, and recall information in a way that confirms or supports one's prior beliefs or values. These interpretations can serve or dis-serve your relationships. When you believe someone is annoying, you are immediately annoyed when you see or hear them. This happens whether or not that person is actually being annoying. You are confirming your belief unconsciously!

Objectives:

Once we have formed a view, we embrace information that confirms that view while ignoring, or rejecting, information that casts doubt on it. Unconscious bias suggests that we don't perceive circumstances objectively. We pick out those bits of data that make us feel good because they confirm our prejudices. Thus, we may become prisoners of our assumptions.

- Learn how to manage your unconscious bias
- Understand how assumptions affect our relationships and how to “bust” them
- Learn how to overcome the blind spots that unconscious bias creates
- Overcome the ‘addiction’ to our biases
- Unconscious bias and Self-fulfilling prophesy
- Learn the various unconscious biases. Confirmation, implicit, explicit & affinity
- Learn how to develop your perception for greater relationships & performance
- Understand how your brain amplifies the things you are believe.
- Learn how your mind works and how to use it to be your best self