



FULL DAY VIRTUAL WORKSHOP: HOW TO OVERCOME UNCONSCIOUS BIAS AT WORK AND IN LIFE. (DON'T BELIEVE EVERYTHING YOU THINK)



ZOOM



FRI, OCT 20, 2023
09H00 - 16H00
(JOHANNESBURG)



ANYONE AT ANY
LEVEL, IN ALL
ORGANISATIONS



APPLICABLE
TO GLOBAL
AUDIENCE

TICKETS COST **ZAR 2250** PER PARTICIPANT

Throughout the world, in business as well as in life, unconscious bias is the leading inhibitor to change. Since, by their very nature, unconscious biases are mindsets we don't know we have, they can lead us to make poorly thought through decisions even when we are aiming to be at our most considered.

It serves us in significant measures to be able to overcome them, but we must first be able to acknowledge they are there. **This workshop is designed to enable both of these outcomes: that participants are able to embrace the notion that their viewpoints are tinged with bias, and to learn how to recognise and arrest those biases at the point at which they have their greatest impacts.**

This highly-interactive, exercise-based workshop brings the learnings alive for all participants, to ensure you're involved throughout and able to personalise the content for maximum benefit.

Post-workshop, you'll receive a weekly 'nudge' every week by email, in the form of a small challenge related to the content. This enables the learnings to be refreshed and put into action in the weeks that follow the workshop, to maximise the benefit.

This workshop is based on the book 'Don't believe everything you think', by Colin J Browne.

CONTENTS

This workshop is divided into three parts with post-workshop exercises.

Part (1): The impact of unconscious bias

- Preference vs. Bias
- Exercise: Who should be saved?
- Intro to common unconscious biases
- Stories of common biases in action
- Exercise: Broken stereotypes
- Exercise: Microaggressions
- Exercise: Your influences and influencers

Part (2): The mechanism of bias

- Some common types of unconscious bias

Part (3): How to overcome unconscious bias

- Things to do now

Post-workshop nudges

LEARNING OUTCOMES

By the end of this workshop, you will learn how unconscious bias works, how your decisions are influenced by it, and how to change that, through a series of interactive exercises and opportunities for introspection. Fun and deeply impactful!

