



INTERRUPTING UNCONSCIOUS BIAS

February 24, 2025, at 7 p.m.

~online~

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This workshop provides an introduction to unconscious bias, inviting participants to reflect upon how our ingrained beliefs influence our emotions, behaviours, and thoughts whether we realize it or not. With this understanding we explore ways bias is impacting our life and how to lessen its effects. The main learning objectives in this session are:

1. Defining unconscious bias
2. Reviewing different types of bias that exist
3. Reflecting on how bias may shows up for us
4. Exploring what you can do to interrupt your bias

