
Unconscious Bias Training

For more information, visit our [Unconscious Bias Training](#) webpage.

COURSE CONTENTS

This training course is broken down into 2 sections

- 1 Unconscious Bias in the Workplace
- 2 Strategies for Reducing Bias

LEARNING OUTCOMES

- ✔ Understand what the most common types of unconscious bias are and how the mind works to form these
- ✔ Learn to train your mind to reduce bias and understand the dangers of allowing yourself to make assumptions
- ✔ Understand the negative impact unconscious bias' can have on organisations

ABOUT THIS COURSE

Cases of Unconscious Bias **happen every single day in UK workplaces** and they can have a seriously negative impact on staff morale and productivity. We are unaware of our unconscious biases but they are stored away in our minds and still affect the way we think and how we behave.

An example of a common unconscious bias is **Conformity Bias**, which is when we behave similarly to others in a group, even if it goes against what we actually believe.

This Unconscious Bias Training has been created to identify your own unconscious biases as well as any others that already exist in your workplace. It looks at things such as how they affect workplace relationships, decision making and workplace culture.

This course works in conjunction with [Unconscious Bias for Management](#), and it's the perfect partner for both [Equality & Diversity Training](#), and [Bullying & Harassment for Employees](#).