

# Workshop: Taming Your Built-in Bias

*An exploration into why we all have unconscious biases and what we can do to control them for our own and other people's benefit*

## DESCRIPTION

Taming Your Built-in Bias is an enlightening workshop designed to **navigate the intricate landscape of unconscious biases**, illuminating the subtle yet impactful ways they permeate our thoughts, decisions, and interactions with others. Through an interactive exploration, participants will delve into the **psychological roots of biases**, understanding why they exist, and **learning effective strategies to mitigate their influence** in both personal and professional spheres. The workshop aims to **foster a more equitable and inclusive environment** by empowering individuals to recognize, challenge, and transform their innate biases, thus contributing positively to their relationships and the communities they are part of.

## BENEFITS

### Inclusive Decision-Making

Learning to navigate through inherent biases enables leaders and team members to make decisions that honor diversity and promote equal opportunities.

### Elevated Team Cohesion

Mitigating unconscious biases facilitates a harmonious working environment, where team members appreciate and respect varied perspectives, enhancing collective efficacy and collaboration.

### Fueling Creative and Innovative Collaborations

By curbing biases, the workshop inspires participants to forge innovative partnerships, encouraging them to merge diverse ideas and experiences, thus sparking creativity and paving the way for groundbreaking collaborative projects and solutions.

## FACILITATORS

DEI experts of the WeAreOpen team

