



### ICEBREAKER: Unconscious bias in the workplace

Bias is a prejudice in favor of or against one thing, person or group compared with another, usually in a way considered unfair.

Unconscious bias refers to a bias we're unaware of, one that happens outside our control. It's a bias that happens automatically and is triggered by our brain making quick judgments and assessments of people and situations, influenced by our backgrounds, cultural environments and personal experiences outside our conscious awareness. Unconscious bias in the workplace can have profound consequences.



**Activity:** Identify one thing you're going to do to combat unconscious bias in the workplace. Share your thoughts and discuss as a team.



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