

## Unconscious Bias

**Unconscious Bias** also known as **Implicit Bias** – noun psychology

1 bias that results from the tendency to process information based on unconscious associations and feelings, even when these are contrary to one's conscious or declared beliefs

Source: <https://www.dictionary.com/browse/implicit-bias>

Unconscious bias is one of the main barriers to inclusion. Even with best intentions in mind, our brains are wired to rely on stereotypes and other assumptions to evaluate and categorize people who are not the same as us or those we are familiar with. The key to overcoming unconscious bias as a barrier is, awareness that it exists and practicing thinking differently.

Click Image for Video - Blind Spots: Challenge Assumptions



<https://www.youtube.com/watch?v=BFcfqmVah8>

## Blind Spots: Overcome Stereotypes

Click Image for Video - Blind Spots: Overcome Stereotypes



[https://www.youtube.com/watch?app=desktop&v=6\\_ylevcJCPC](https://www.youtube.com/watch?app=desktop&v=6_ylevcJCPC)

## What is Privilege?

The privilege walk is an activity designed to help people understand the effects of societal privileges.

Click Image for Video - What is Privilege?

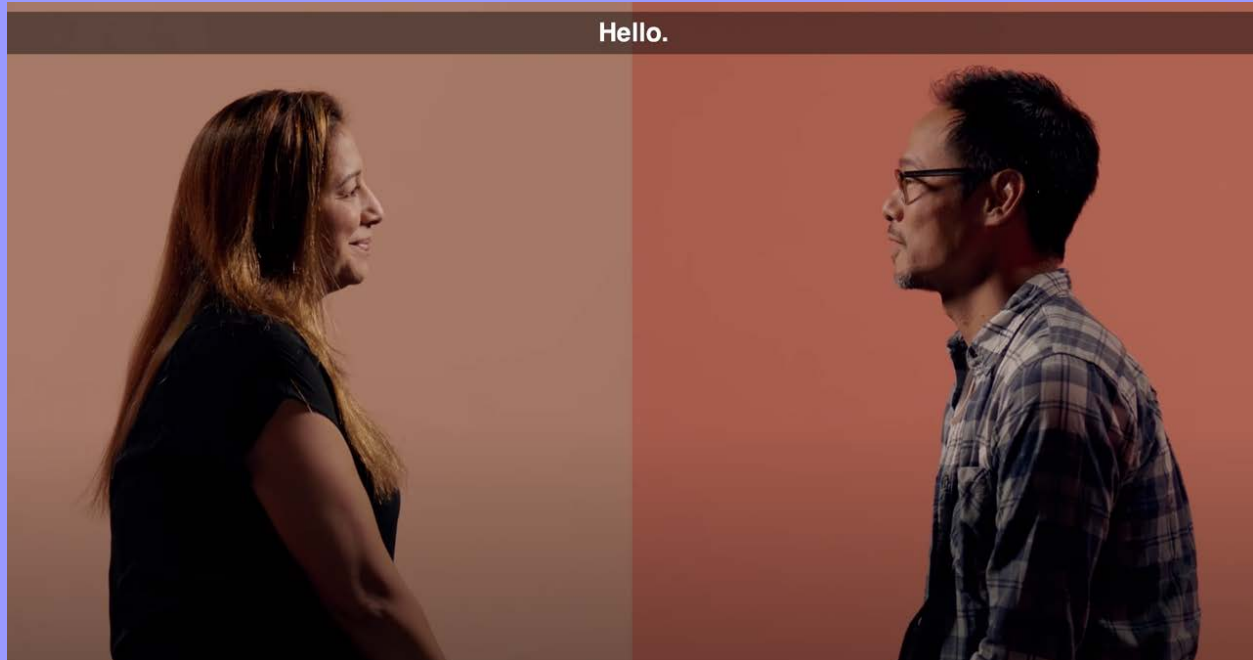


<https://www.youtube.com/watch?v=hD5f8GuNuGQ>

## Allyship

Your colleagues are not just your colleagues. They are also human beings that live in a complex world. Be curious, be empathetic, and be an ally.

Click Image for Video – Allyship @ Netflix



<https://www.youtube.com/watch?v=0hJknn4NVBY>