Are You Biased?

Don’t worry. We all have bias. Yet, many of us are reluctant to admit we harbor it. We have been taught that to be biased means that we are bad. Or worse, that we are bigots and discriminators. Hidden bias is a normal part of human behavior. We are hard-wired to make automatic decisions. Bias helps us survive and thrive. It also interferes with our ability to appreciate others and be fair to all. We all strive to be aware of the judgments we make about others. But it takes practice to question your gut instincts. This presentation outlines how bias forms and how to translate awareness of our bias into an ability to be more equitable and more effective.

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