

Unconscious Bias Self-Reflection

Hello, fellow learners! Let's dive into a self-reflective exercise aimed at identifying and understanding our unconscious biases. This exercise will guide us through the process of uncovering biases that we might not even be aware of.

Instructions:

- Think about a recent interaction or decision involving a colleague or team member.
- Reflect on whether unconscious biases played a role in the interaction or decision.
- Consider the different types of biases such as affinity bias, confirmation bias, or attribution bias.
- Write down your thoughts, reflections, and any patterns you start to notice.