



## **Unconscious Bias**

**IDCEC# 120848 Designation – General**

**AIA# UB01 Designation - General**

**Credits: 1.0 CEU, 1 LU**

What is an unconscious bias? When we hear the term unconscious bias, we automatically think of race, gender, sexuality, or religion, but there are other types of biases that impact us in both our professional and personal lives. Learn about types of biases, how to identify your own unconscious biases, and strategies to mitigate them in an interactive session that encourages honest conversation.

### **Course Objectives:**

1. Learn how unconscious bias can affect the hiring process
2. Discover the meaning of unconscious bias and factors that contribute to our biases
3. Identify different types of unconscious biases and how they affect us both professionally and personally
4. Develop strategies to recognize and mitigate your own biases