

Bouncing Bias Behaviours

Synopsis

Unconscious biases are learned assumptions, beliefs, or attitudes that we aren't necessarily aware of. While bias is a normal part of human brain function, it can often reinforce stereotypes.

To combat unconscious bias, learn about different types of biases, how they might surface at work, and how to avoid them so you can build a more inclusive and diverse workplace.

As a leader it is essential that you have a process for identifying bias and that this insight allows you to bounce those situations into moments of magic.

Course Topics

This session helps to build awareness, increase your options through the use of knowledge and practical knowhow.

Topics include:

- Defining my present through my History – Profile Build
- The Power of Choice – Covey to the Rescue
- Decision making – Values in Action
- Behaviour Window – Building Tolerance
- Maps of the World – Recognising Prejudice
- What's the matter with that? – Attitude and Intent
- How to adapt – Building Beliefs
- Communication cycle – Emotional Control
- Directing the energy – Avoiding Conflict
- Reflection and Refinement – Critical Questioning Technique

Course Details

Delivery:	Inhouse
Structure:	Interactive Workshop
Time:	1 day
Class Size:	Max 15
Cost:	On request

The Trainer



Since 1994 Sue-Ellen has been helping people find ways of accessing, learning, testing and perfecting techniques that work for them.

She specialises in environments requiring complex communication – presentation, conflict, motivation, performance management, team productivity and especially leadership.

During her workshops, Sue-Ellen develops skills, examples, options, approaches, and strategy for her audience. Her training goals are to help every person, feel better, want better and look for better options that will deliver improved outcomes.