

## MANAGING UNCONSCIOUS BIAS – 1 DAY TRAINING

### What is it about?

This training **tickles your subconsciousness**. In one day, you'll learn more about the mechanisms that resonate in us when we interact with people. You will find out which function stereotypes have and **which unconscious biases are effective during a hiring process**. During the training, you'll become more aware of these unconscious processes in your mind. In a safe space, you'll explore a **variety of easy-to-use techniques** that will allow you and your team to work less biased.

### Best suited for:

**Executives, Employees** involved in hiring processes, **HR Managers**

### The goal:

After the training, you will know how and which kinds of stereotypes and unconscious Biases are working in your mind during the hiring process. You'll also understand the function they have. **Through reflecting, changing perspective, and discussing in groups, you have learned how to uncover those unconscious biases** and become more aware. You'll take away easy to implement techniques for yourself and your team (Inclusion nudges, mindfulness techniques).

### Training methods:

- Experience-oriented exercises and mindfulness techniques
- Individual and group work for the simulation of workplace situations
- Short presentations with visualization (flipchart, powerpoint)

### Handouts:

You'll receive handouts about the techniques that you've learned in the training.