

Coworking IDEA Project Challenge

Back to the Basics: Interrupting Unconscious Bias

Step 1: Review the following materials about unconscious bias

Inclusive Employers: [A Beginner's Guide to Unconscious Bias](#) (5 mins)

Perception Institute: [Implicit Bias](#) (3 min read)

Betterworks: [Unconscious Bias Examples and How to Overcome Them](#) (11 min read)

Life at Google: [Unconscious Bias at Work: Making the Unconscious Conscious](#) (4 min watch)

PBS: [Implicit Bias: Peanut Butter, Jelly and Racism](#) (2 mins 26 sec watch)

Madison Tevlin: [Assumptions Become Reality](#) (1 min 30 sec watch)

Step 2: Test your bias

Take the [Harvard Implicit Bias Test](#) (please note, the test is not accessible to screen readers)

Step 3: Explore different types of bias

Review 24 of the most common types of bias on [YourBiases](#). You can even download a free poster for yourself or the office.

Step 4: Examine your personal bias

Spend 1 week taking note of assumptions you make, information you guessed or filled in, stories you've made up in your mind. Write them down, or some of them down, if you can.

At the end of the week, reflect on what you wrote and what information your brain was automatically filtering in or out.

Try to match your observations with common biases.

Step 5: Fill in your gaps / challenge your biases

Identify where you need to increase your awareness, understanding, or acceptance of certain people or personal characteristics. For example, do you need to do some learning about Autism from Autistic people instead of Allistic created stereotypes?

Pick 1-2 identities to learn more about and ideally make authentic relationship connections with

We hope to also connect with you in our ***Interrupting Unconscious Bias*** workshop where we will continue exploring biases and learn 6 strategies you can use to interrupt them, aka lessen how much they influence your attitude.