### DEI LEADER ACADEMY-UNCONSCIOUS BIAS LEARNING EXPERIENCE







#### **OBJECTIVES...**

The DEI Leader Credential is our flagship inclusive leadership program that covers the tenets of bias, inclusive culture, talent development and acquisition, and building a plan for change and sustainability. The credential program also leverages and platform of fresh content and insights to help companies create evergreen action plans. Course content includes perspectives from industry leaders and includes a network for sustainable change.

## Language Matters

Stop, Think, Explore

# Seek first to understand, then to be understood.

-Stephen Covey, 7 Habits of Highly Effective People

# STEP MODEL...

**Stop Stop** and listen. Seek first to understand.

ThinkThink. Challenge your assumptions and bias. Think<br/>about the language being used.

**Explore Explore** further. Ask questions. Be curious. Clarify.

Prepare

**Prepare** for next time. When faced with a similar conversation, misunderstanding, or idea again, what can you do to be inclusive and understanding?

### The Need for Belonging and Connection



A fundamental human need for belonging and connection

Strong psychological need for being part of a social group impacts well-being

Exclusion can bring pain like physical pain



Diversity, Equity, and Inclusion

- Diversity within people and groups
- Inclusion is being valued.
- Equity is fairness.

## Remember to STEP UP...

Stop Think

Explore



Am I listening Am I making to learn and assumptions? understand?

How can I broaden my worldview?

What can I do next time to be inclusive?

## Did you know?

- Employees who perceive bias are:
  - 3x as likely to disengage at work
  - 3x as likely to make plans to leave the company
  - 2.6x more likely to withhold ideas/solutions



#### ALLY A FORCE FOR GOOD

Celerate connections, careers and

## UNPACKING UNCONSCIOUS BIAS

## WHAT IS BIAS?

- Explicit Bias is attitudes and beliefs
- we have about a person or group
- on a conscious level.



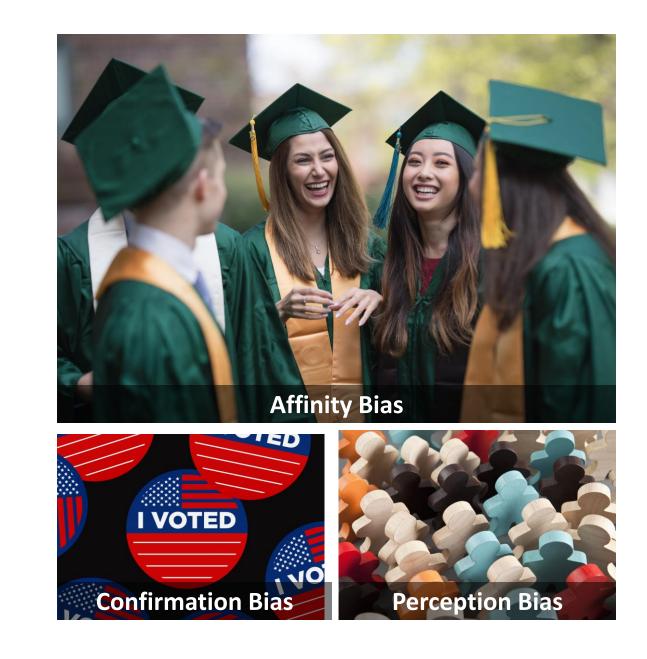
- Unconscious/Implicit Bias is
- unintended, subtle, and
- subconscious thoughts that
- happen to all of us, all of the time.

We'd like to believe we are open-minded, fair, and without bias, but research shows otherwise. This is an important, even if uncomfortable, realization for most of us.

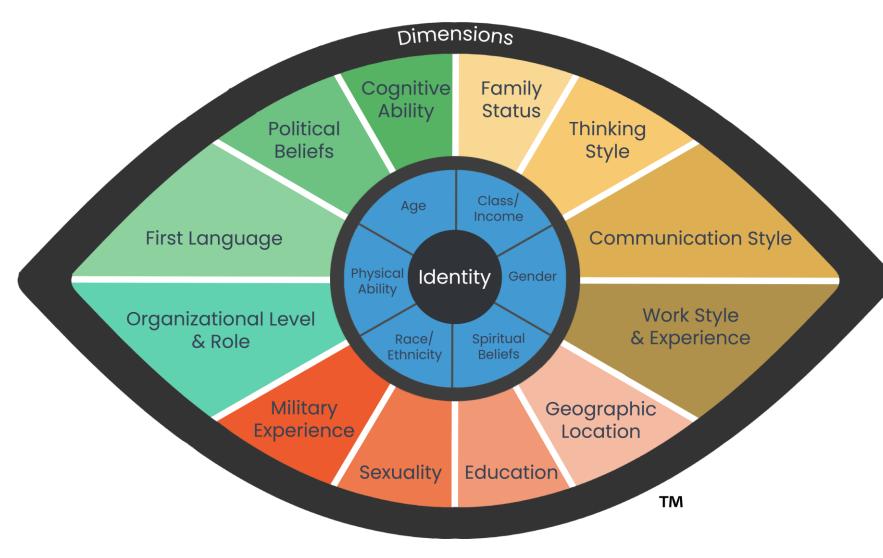
- MAHZARIN BANAJI AUTHOR, BLIND SPOTS: HIDDEN BIASES OF GOOD PEOPLE



## COMMON BIASES



## Frame and Challenge Your Bias



(Eye)dentity Model<sup>™</sup>

These 18 dimensions most often cause conflict when a person feels misunderstood or undervalued.

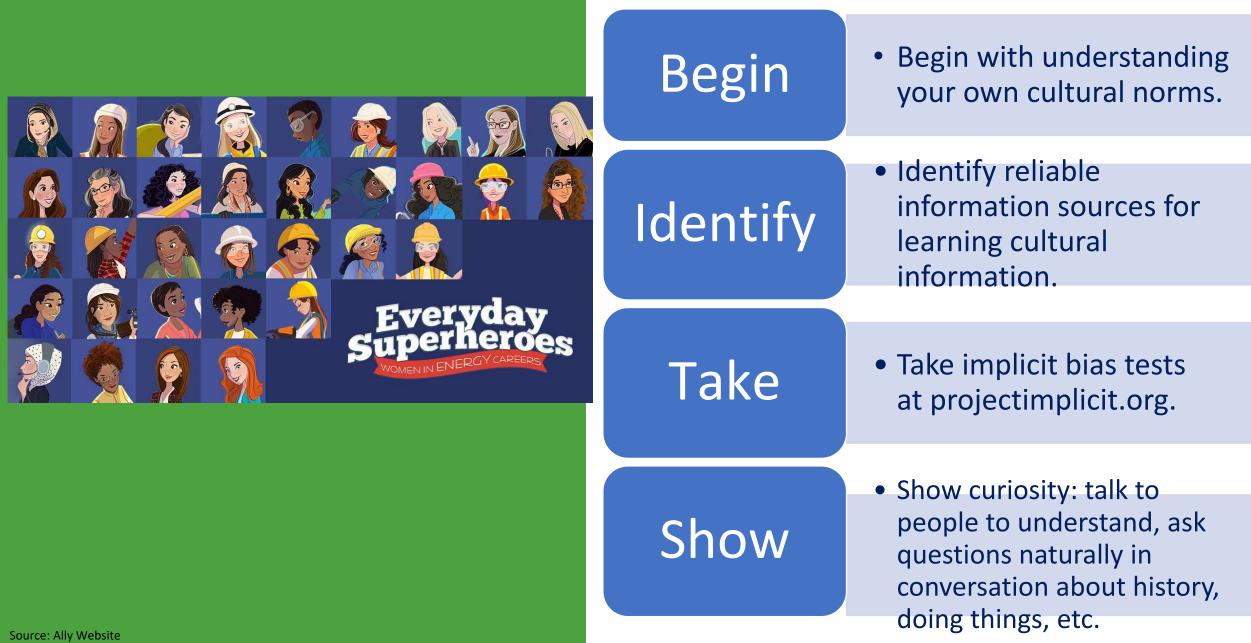
# Frame and Challenge Your Bias

- StopHear a stereotype? Making an assumption?Stop for a moment.
- **hink Think** about that stereotype or assumption.
- **Explore Explore** further. Ask yourself questions. Seek additional information to counter the stereotype.

Prepare

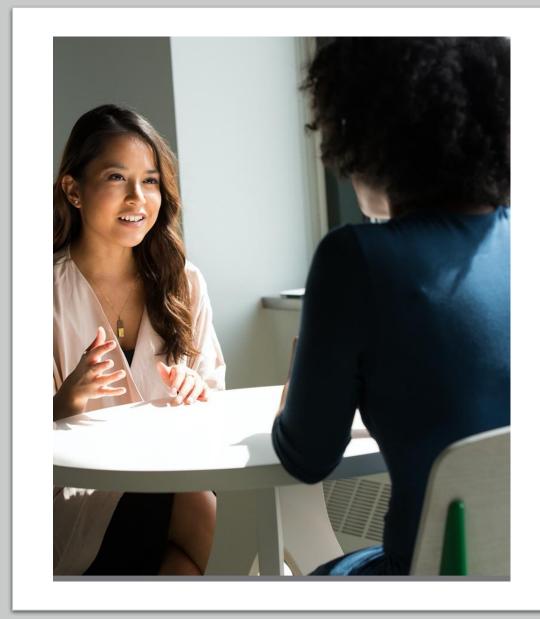
**Prepare** for next time. When faced with this bias again, what can you do to set it aside?

## **STRATEGIES TO DEVELOP**



## MICROAGGRESSIONS & MICROAFFIRMATIONS

- Microaggressions are subtle slights and snubs that devalue people.
- Microaffirmations are small, intentional acts that occur when people show they want another person to succeed.



## MICROAFFIRMATION BEHAVIOR

- Greet people with sincerity.
- Connect person-to-person.
- Be present during interactions.
- Respond to what is really being said.
- Appreciate and praise strengths and contributions.



## ADDRESSING MICROAGGRESSIONS

Assess the environment and yourself; describe what you notice or engage others based on what you see

Ask about the person's comments/behaviors

Disrupt the dynamics

Relate to the person or their comment/behavior

Share your feelings in the moment or the impact of the comment/behavior

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EVERY INDIVIDUAL MATTERS. EVERY INDIVIDUAL HAS A ROLE TO PLAY, EVERY INDIVIDUAL MAKES A DIFFERENCE.

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Jane Goodall