



UNCONSCIOUS BIAS

Increase your consciousness

Our ability to increase the consciousness of our decision-making begins with a recognition that we all have bias and a willingness to identify ours.

Remember to P.A.U.S.E.

- ❖ Pay attention to what's actually happening beneath the judgements and assessments
- ❖ Acknowledge your own reactions, interpretations, and judgements
- ❖ Understand the other reactions, interpretations, and judgements that may be possible
- ❖ Search for the most empowering, productive way to deal with the situation
- ❖ Execute your action plan