

Unconscious Bias

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Synopsis

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How can we challenge the judgements we don't even know we're making?

Unconscious bias affects us all. From the smallest assumption to the most sweeping generalization, the way we think about others can unknowingly influence our behaviour and shape our culture. Acting as your mentor and guide, this book will take you through the most common forms of prejudice, including gender, race, size, age and sexuality. It also explores the psychology behind our biases and provides actionable tips and simple exercises to help you combat implicit judgements.

You will learn:

- Why our biases matter
- How to identify your own biases
- Techniques to mitigate unconscious bias
- How to make objective decisions

Reader's comments

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