

eLearning: Unconscious Bias and Microaggressions

This course enables you to recognise unconscious bias and microaggressions, challenge them effectively, and create a more inclusive and respectful environment

Who is the course for?

The Unconscious Bias and Microaggressions course is designed for all staff.

What is the course content?

Throughout this course, you will learn the meaning of unconscious bias and microaggressions, the history, recognising them, tips for minimising unconscious bias, and how to create an inclusive work environment.

- Understanding unconscious bias
- Spotting microaggressions
- Creating an inclusive environment
- Practical tools for change
- Reflection and next steps

What are the learning objectives?

- Recognise how unconscious bias influences thoughts, behaviours, and decision-making in everyday interactions.
- Identify microaggressions and understand their impact on individuals and workplace culture.
- Apply strategies to challenge biases and respond effectively when witnessing or committing a microaggression.



 Approximately 1 hour (self-paced)

 For staff at any level

 Enquire for prices

 **Optional extra:** Post eLearning workshop
Enquire for prices