

# Equality & Diversity

## Unconscious Bias

Unconscious bias is when you either favour or discriminate against one group, or person, without being aware of your actions. This module will help you better understand how unconscious bias can affect your behaviour and impact the workplace, recognising the nine different types of bias and discovering ways in which you can mitigate its influence.

## In this Module

Videoscribe explainer video, with professional audio (duration: 04:14)

English Subtitles

10 Expanded learning content blocks in the module format

'Check my understanding'  
5 Question knowledge check

## Top Tips

1. Acknowledge your unconscious biases and explore ways to limit their influence.
2. Be vigilant in situations where your unconscious biases could have influence and actively work to mitigate them.
3. Take time to review your decisions to help ensure you've avoided unconscious bias.

