



## Unconscious Bias to Conscious Inclusion

### Learning Session Resources

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Thank you for participating in the workshop called Unconscious Bias to Conscious Inclusion. Here are some resources on the topic that you can review to further explore some of the topics that you found interesting.

#### Watch these videos:

1. [EY Blind Spots: Challenge Assumptions](#) (2:19)
2. [What is Privilege](#) (3:59)
3. [Can These People See What's Wrong with This Picture?](#) BuzzFeed (4:03)

#### Read these articles:

1. [The 3 things that happen with bias \(and what to do about them\)](#) – BookNet Canada (5-minute read)
2. [What is Implicit Bias?](#) By Jan De Houwer, Psychology Today (5-minute read)

As you watch these videos and read these articles, consider these questions:

- How do you think your own beliefs have been shaped?
- How might unconscious bias show up in your workplace?
- How does unconscious bias influence your decisions and how you interact with others?
- Could you be wrong about what you believe to be true about people and different cultures?
- What role might you play in helping to mitigate unconscious bias in your workplace and beyond?

Sincerely,

Kristin Bower  
Partner  
[Leda HR](#)

**NOTE:** Topics relating to equity, diversity, and inclusion can sometimes be uncomfortable. While we encourage you to sit with that discomfort to learn, we also recognize that some of us may be triggered emotionally. If you are negatively impacted by any of the subject matter, please stop watching it or reading it. Please reach out to your manager, a member of the Human Resources team, or your employee and family assistance provider (if you have one) for help.