

Unconscious Bias Training

Overview:

Unconscious bias refers to the subtle ways we are taught to think about certain groups of people, the assumptions we make, the ways we all “fill in the blanks” without realising. This workshop will help attendees develop their understanding and awareness of how to create a more inclusive environment for colleagues and clients.

Sam Hope is an experienced Equality, Diversity and Inclusion trainer and facilitates a supportive space in which we can explore our own unconscious biases. The workshop gives an overview of the stories we need to unlearn and challenge if we are to begin to undo bias in our ways of working and interacting.

The workshop explores:

- ✚ Social narratives and tendencies that create unconscious bias
- ✚ Ways we can unpick, notice and challenge our own and other's biases
- ✚ Narratives that get applied to specific marginalised groups
- ✚ The concept of intersectionality and how this complicates people's experiences
- ✚ The concept of minority stress and the impact of social narratives and structures on specific groups
- ✚ Critiques of some unconscious bias training approaches and how we can make this count

Feedback from previous participants:

“what an amazing experience in a group where people felt able to be how they wanted to be.” “I thoroughly enjoyed the open discussions. I’m still mulling things over.” “calm and supportive presence in facilitating the group” “I Enjoyed the workshop very much, it raised a lot of questions and I shall be processing it all for some time.”

About Sam Hope, MA, MBACP (Accred.):

Sam Hope is a professional Equality, Diversity and Inclusion trainer and has been delivering training in education settings for many years. Sam is also an accredited therapist who works in private practice, and previously in education settings and domestic violence/abuse services. Sam's book *Person Centred Counselling for Trans and Gender Diverse People* was published in 2019 by Jessica Kingsley Publishers. Sam is disabled and a member of the LGBT+ community and also facilitates community spaces and organising around these issues.