

Break the Cycle of Unconscious Bias

1. What did you notice about yourself?

What were your feelings?

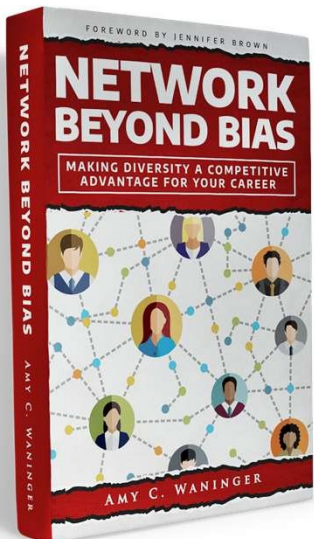
What values drove your feelings?

Which of your identities are affected?

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2. What responses did you observe from others?

3. Press your Pause Button. What response is most productive?



Adapted from *Network Beyond Bias: How to Make Diversity a Competitive Advantage for Your Career*, by Amy C. Wanager.

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