

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

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

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 60 mins (self-paced)



For all staff



Enquire for prices



Optional extra: Post eLearning workshop
Enquire for prices