

Unconscious Bias: SHIFTing From Awareness to Action



**UNCOVER BIAS &
UNLOCK
POTENTIAL TODAY.
BUILD CULTURE
FOR TOMORROW.**

Bias is easy to see in others but hard to recognize in ourselves. Unconscious Bias: SHIFTing from Awareness to Action training equips learners to recognize their own unconscious biases, understand how and when they're most likely to arise, and apply practical strategies to reduce their impact at work.

Developed by SHIFT, the only HR compliance training company founded by employment attorneys, this course goes beyond checking the box to deliver lasting behavior change that protects culture, reduces risk, and helps businesses thrive.

TRAINING OVERVIEW

Learners explore realistic scenarios that reveal the impact of bias from multiple perspectives including targets, bystanders, and decision-makers. The course turns awareness to action, helping employees build empathy, strengthen collaboration, and foster a culture of respect and inclusion. Available as a 30-minute employee or 40-minute supervisor course, or as four 10-minute modules.

LEARNING OBJECTIVES

Self-paced eLearning with interactive scenarios and reflection points help employees:

- **Learn** how to recognize their own biases
- **Understand** how their brains process bias on a deeper level
- **Create empathy and an awareness** of how biased actions and words may be perceived
- Practice strategies for **preventing and interrupting bias**

WHITE GLOVE CUSTOMIZATION & IMPLEMENTATION

Industry's most advanced customization—tailored to your brand, your people, your policy.
With dedicated support team for seamless implementation.

BUILDING CULTURE THROUGH CONTINUED LEARNING

Training sparks growth—our Learning Journeys sustain it. Partner with SHIFT to design custom, expert-led programs that strengthen culture, deepen connection, and drive meaningful business outcomes.



20
Minutes



Full Length
Mobile Friendly



Instant Certificate
Download



English, Spanish
(Others available)



Fully WCAG 2.1
AA Compliant

Flexible SCORM
delivery options

Hosted by SHIFT
or your LMS

[VIEW FULL COURSE CATALOG](#)

Built for Compliance. Designed for Change.

[Shiftelt.com](https://shiftelt.com) | info@shiftelt.com | 800.790.5030