

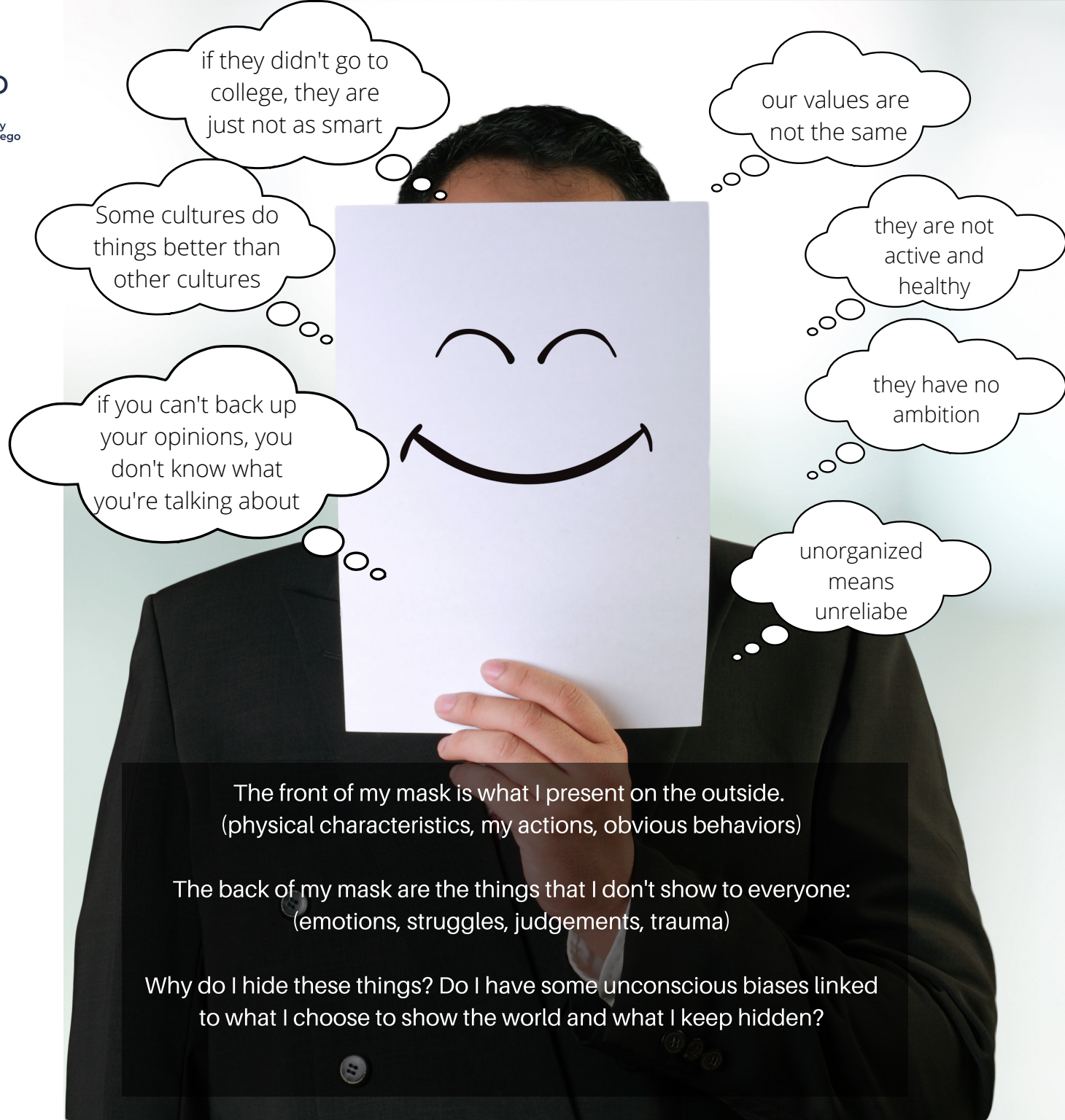


CONSCIOUS
LEADERSHIP
ACADEMY at the
University
of San Diego

Hidden Bias

Implicit or unconscious bias operates outside of the person's awareness and can be in direct contradiction to a person's espoused beliefs and values. What is so dangerous about implicit bias is that it automatically seeps into a person's affect or behavior and is outside of the full awareness of that person.

Becoming aware of your own biases can help you recognize when they start to affect your behavior in unintended ways.



The front of my mask is what I present on the outside.
(physical characteristics, my actions, obvious behaviors)

The back of my mask are the things that I don't show to everyone:
(emotions, struggles, judgements, trauma)

Why do I hide these things? Do I have some unconscious biases linked to what I choose to show the world and what I keep hidden?