Cemex

Unconscious Bias

42,000 Employees in 50 Countries | 996 Learners in Course

Learners were asked to complete daily tasks during the Week of Awareness. As opposed to a single action plan or reflection, learners were tasked with simple “micro behaviors” to try, which could ultimately negate negative “microaggressions,” which can permeate a non-inclusive workplace.

Learn more here

Some of these prompts included:

- **Recognizing surprises**: when you create a snap judgment about someone, that ultimately turned out to be untrue
- **Engaging in mindfulness**: a simple, 5-minute meditation can result in less “rapid-fire” judgements that can result from implicit bias
- **Connecting with someone different**: having a conversation with someone outside of your affinity group to learn new perspectives

"I was not aware of how my unconscious biases were embedded in my brain. Once you start to realize it during the course it gives you the opportunity to improve and be aware of this and have a second thought when taking decisions of making assumptions." - Germán, Participant in Unconscious Bias

Action-Driving Comments & Submissions

500+ comments given
2.5 average learner-received comments