



# Women in Business – Recognising & Overcoming Bias in the Workplace

 Duration: Half / 1 Day  Ideal Group Size: 10 to 12 People

## Course overview:

This practical workshop helps women in the workplace understand the different types of bias they may face. Delegates will learn how to recognise bias, set boundaries and communicate with confidence to support professional growth.

## Who would benefit from attending:

This workshop is ideal for women in business who want to better understand bias and build their skills to navigate workplace challenges with confidence

## Core learning objectives covered:

- Understand the key ideas behind equity, diversity and belonging
- Common workplace challenges people may face
- Understanding gender bias and how it impacts perception and confidence
- The key legal principles which impact on diversity and inclusion in the workplace
- Understanding unconscious bias
- Identifying the four main types of bias and recognising the characteristics
- Where do you experience bias or inequity?
- Strategies for navigating bias with confidence
- Learning how to adjust your patterns of thinking
- Encouraging values and behaviours that create an inclusive culture
- Challenging negative behaviour at work and giving constructive feedback

## Delivery methodology:

Futureproof's training workshops require all delegates to take a full and active role throughout. Our mix of trainer led discussion, facilitation, coaching and skills practice ensures that all delegates enjoy an interactive and supportive learning experience.



Want to tailor the content of this workshop and incorporate internal procedures, competency framework, organisational values & work-related challenges?

Get in touch with one of our Learning & Development Managers – 01623 409 824 • [info@futureproof-training.co.uk](mailto:info@futureproof-training.co.uk)