

**Creating Opportunities to Thrive:  
Transforming Unconscious Bias to Active Awareness**

*This course has been approved for 2.75 hours general credits and 0 hours ethics credits of continuing legal education. Attorneys should only claim credit commensurate with the extent of their participation in the activity.*

**Course Description**

How can we ensure that the richly diverse people of our workplaces have a chance to contribute and thrive? How can we get, and bring, the most energy and engagement? The answer lies, in part, in brain function.

This class will explore the human brain’s different ways of processing information -- slowly and deliberately in some circumstances, and rapidly and intuitively in others – and how that affects inclusion, safety and more. One method quickly gets us to survival decisions like, “Fight!” or “Flee!” or “Freeze!” The other allows us to make reasoned decisions based on research and weighing a variety of factors.

This workshop will explore the territory between fast and slow. It will examine the impact of allowing snap judgments to exclude and discriminate, and will provide strategies for lessening misunderstandings and creating a more inclusive environment by reducing the influence of unconscious bias in our work and social lives.

Unless otherwise noted, all classes will be held at CAPS, 32 College Street, Montpelier	
Location:	<a href="#">CAPS</a>
Time:	9:00 - Noon
Cost:	\$ No Cost
Course Code:	045185
Session Code:	Date specific: See Electives calendar for session code
Instructor:	Karen Richards
Registration Deadline:	5 business days in advance of the course