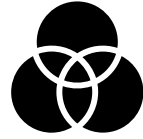


# Bias-buddy



## (Unconscious) bias

Thrives on the lack of information. We don't know what we don't know, and we often tend to avoid what we don't understand.

The best way to challenge this is to be informed by actively learning about what might seem alien to one and/or seek advice/other perspectives when meeting challenges, dilemmas or conflicts. We can do that by getting a bias-buddy (or several).

## How to

- Ask someone different from you if they want to be your bias-buddy, e.g. a colleague. You can offer to be this person's bias-buddy as well.
- Aim to create a confidential safe space between you, where there is room to explore and be curious about other perspectives without being judged.
- You can also choose to continuously challenge your perspective without have a specific bias-buddy, but instead actively go to a colleague, different from you, when you need to make a decision.

## Not sure of where you might have blind spots?

Try [Bias Bingo](#) or [mapping you close network](#).