Increase your consciousness
Our ability to increase the consciousness of our decision-making begins with a recognition that we all have bias and a willingness to identify ours.

Remember to P.A.U.S.E.
- Pay attention to what’s actually happening beneath the judgements and assessments
- Acknowledge your own reactions, interpretations, and judgements
- Understand the other reactions, interpretations, and judgements that may be possible
- Search for the most empowering, productive way to deal with the situation
- Execute your action plan

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