

MyUB™

RECOGNIZE & MANAGE BIAS

“ **UNCONSCIOUS BIAS TRAINING HAS MINIMAL IMPACT AND INCREASES DISCRIMINATION UNLESS YOU BUILD CULTURAL INTELLIGENCE!** ”

Now you can be sure your investment in unconscious bias training will have lasting impact. Based on the world renowned research on cultural intelligence (CQ®), **MyUB™** gives you an online tool for interrupting bias in yourself and others.

With the science of cultural intelligence as the foundation, MyUB gives you an **interactive, online course** that provides real life examples and practical strategies for minimizing biased actions and decision-making. Participants will develop the skills to manage bias and learn how to reduce the application of bias in the workplace and beyond.



is a *proven* way to manage the **negative impact of bias**. This course will teach the learner how to use CQ to:



SUSTAIN THE **COMMITMENT** TO MANAGE BIAS



RECOGNIZE BIAS IN SELF AND OTHERS



DEVELOP THE **SKILLS** TO INTERRUPT BIAS



CREATE AN **ACTION PLAN**



COURSE FEATURES

- ✓ **FAST PACED** | One-hour course divided into 5-10 minute modules for bite sized learning
- ✓ **INTERACTIVE** | Exercises, activities, and videos to engage learners of all types
- ✓ **RELEVANT** | Real examples and tangible strategies for same day application
- ✓ **SCALABLE** | Excellent for executives, administrators, front line employees, students, and individuals
- ✓ **ACCESSIBLE** | Mobile friendly access through a secure online portal

The course can be used as a stand-alone or as part of a blended learning approach. It also includes a pre and post assessment to monitor a learner's progress in managing bias.

BODY OF CQ[®] RESEARCH



RAPID GROWTH OVER THE PAST **20 YEARS...**



...INVOLVING ACADEMIC SCHOLARS FROM NEARLY **50 COUNTRIES**



HUNDREDS OF STUDIES INVOLVING OVER **150,000 PARTICIPANTS...**



...ACROSS **168 COUNTRIES**



MANY ORGANIZATIONS HAVE IDENTIFIED CQ AS A **CRITICAL SKILL SET**



CONTACT US

With experts around the world, we have teams of professionals ready to help you develop creative solutions and/or deliver training and consulting services wherever you need it.

CULTURAL
INTELLIGENCE
CENTER