



Race Awareness

Bite-size Workshop

Online Workshop

Race is a protected characteristic that refers to an individual's race, colour, nationality, and ethnic or national origins. This session is targeted at supporting participants to work positively in a racially diverse environment. We will consider a number of questions, aim to discover new things and leave with a personal plan to ensure that racism stops with each one of us. The session is designed to:

- Raise awareness of the consequences of racism and discrimination and consider the effects on individuals, teams and organisations
- Challenge some of the common stereotypes, misconceptions, and prejudicial attitudes, and think consciously about how to reinforce a more positive approach
- Raise awareness of the nine protected characteristics with a focus on race, religion and belief
- Understand the different types of discrimination and unlawful behaviour
- Explore how prejudice, stereotypes, unconscious bias, beliefs, values, and attitudes drive our behaviour
- Recognise the benefits of embracing difference
- Consider individual and organisational responsibilities around these protected groups
- Empower you to take action when you identify racism by developing your knowledge and skills, so that you can feel more confident when discussing matters of race

What is Bite-size Learning?

If times are hard, the training budget is one of the first things to feel the squeeze. Yet research shows that those organisations who choose to continue with their learning and development plans out-perform those who do not.

Bite-size learning is an efficient and cost-effective way to keep on top of everyone's learning.

Sessions are typically 90 minutes long, so fit conveniently with most working days, even when people are very busy. We also provide follow-up materials so that participants can extend their learning at their own pace.

Designed by Dr Lesley Aitcheson and Cerulean's team of learning and development specialists, our bite-size learning has a proven record with many organisations, including top universities, charities, trusts, corporations, and councils.

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