



BITE-SIZE LEARNING

RACE AWARENESS

Bite-sized training sessions: manageable portions of expertise, designed to fit in a lunch hour.

We look forward to joining you for this bite-size learning



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 a great way to keep on top of training efficiently and cost-effectively.

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

Race Awareness

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.

What do we cover?

- 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.

To find out more about our EDI&B bite-size learning sessions, click [here](#).