

Awareness

Between stimulus and response there is a choice”

Viktor Frankl

Awareness is the first step toward choice

Awareness of

- Thoughts
- Emotions
- Body
- Bias
- Interpersonal impact

Some Exercises:

Mindfulness of thoughts Meditation

<https://med.virginia.edu/mindfulness-center/wp-content/uploads/sites/306/2015/12/16-min-mindfulness-of-thoughts-meditation.mp3>

Implicit bias

<http://www.provost.vcu.edu/faculty-affairs/faculty-resources/implicit-bias/>

<https://www.youtube.com/watch?v=v01SxXui9XQ>

Howard Ross (Everyday bias)

