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

Implicit bias
http://www.provost.vcu.edu/faculty-affairs/faculty-resources/implicit-bias/
https://www.youtube.com/watch?v=v01SxXui9XQ

Howard Ross (Everyday bias)