The International Women's Day 2022 theme, #BreakTheBias, spotlights the challenges that women continue to face in the journey towards equity.

This LinkedIn Learning video-level mapping is a compilation of content about the realities of racism, microaggression, and discrimination. It emphasizes how women can find their voice and how allyship is integral to supporting and elevating underrepresented groups. Most importantly, it shows how to address and break biases that continue to hold women back from reaching their full potential.

The McKinsey Podcast episode "The state of burnout for women in the workplace" cited that "for every 100 men who leap forward, only 86 women do. And while that difference might feel small because it’s happening at the very start of careers, it’s amplified across huge numbers. And what it means is that women’s career progression is slowed down right out of the gate, and they never have that opportunity to catch up."

Let’s all do our part to #BreakTheBias.
To break the bias women continue to experience, we need to understand what it is and how it shows up in our decisions and actions.

The adverse effects of bias are harmful to individuals as well as organizations. Learn about the pervasiveness of bias and how we can all come together and collectively reduce discrimination in all aspects of our lives.

**We all have gender bias** (3m 40s) – Learn how bias is tied to the way our brain functions and can be useful. Explore strategies to become aware of your own bias and prevent it from controlling your thinking.

**Addressing common biases** (3m 57s) – Explore the four common biases found in the workplace and what you can do to prevent them.

**Speaking up against bias** (5m 38s) – Learn how to say something when you identify an anti-Asian bias or stereotype occurring in the workplace. Having specific strategies to address these biases will support you in taking action to counteract the harm.

**How to counter unconscious bias** (6m 48s) – Learn how to weaken your biases.

**Clearing out unconscious bias** (4m 29s) – Learn how to evaluate your unconscious bias of others so you can mitigate those judgments and foster an inclusive environment for all employees to thrive.

**Understanding your unconscious bias** (4m 32s) – Everyone has unconscious bias, which is why it’s so important to confront unconscious bias and see people for who they truly are. In this video, learn key ideas and action steps that you can take to eliminate your own bias.

**Maternal bias** (1m 29s) – Maternal bias is when we incorrectly assume that mothers are less committed and less competent. Mothers are often given fewer opportunities and held to higher standards than fathers.

**Why do people say and do the wrong things?** (5m 9s) – Learn the three ways difference has been handled in the past — learn two reasons people say and do the wrong things, as well as why it is important to be aware of your cultural lens and unconscious bias.

**Removing bias** (3m 58s) – Learn how to begin to identify biases and implement a strategy to disrupt bias.

**Talking about bias** (3m 49s) – The critical role of having open and honest conversations about bias is to bring the unconscious to the conscience. Once you have been made aware of an unintentional bias it is time to make a plan of action so that you do not continue to act upon those impulses both in the workplace and in your personal life.

**Why it matters** (2m 18s) – We all have unconscious biases—our brains take in more information than they can process, so we rely on mental shortcuts to simplify the world around us. In other words, we rely on stereotypes. This short video helps you understand how and why unconscious bias arises in the workplace.
It's essential to challenge societal labels to differentiate and identify people or groups. Labeling can be incredibly destructive to individuals, organizations, and communities.

Only through understanding and valuing intersectionality, will we break the bias women and colleagues alike continue to experience.

How racism shows up in the workplace (2m 58s) – When individuals can articulate the three distinct types of racism (systemic, individual, and internal), they’re better equipped to identify racism in day-to-day interactions.

Common mistakes to avoid when talking about race (3m 1s) – There are predictable mistakes that often happen when you’re talking about race. Predict and avoid the traps that could hamper your progress.

Workplace antiracism is everyone’s business (3m 13s) – In this video, learn about how all employees—regardless of role or level—bear collective responsibility for combating workplace racism.

The impact of racism in the workplace (3m 40s) – Dr. Christina Greer shares how racism plays out in the workplace, how companies can address racism, and how employees can hold companies and leaders accountable.

Types of microaggression (3m 15s) – This video identifies the three distinct types of microaggressions: microassaults, microinsults, and microinvalidations. Being well-versed in the different types of microaggression will enable you to apply the appropriate response.

The impact of identity (3m 17s) – This lesson discusses how to define inclusion and recognize how intersectional identities impact the way that people show up at work.

Defining harassment (4m 39s) – Learn how to define harassment in a new way using a spectrum of behaviors moving from light to assault.

The repercussions of harassment and why targets don’t report it (2m 50s) – Understand the damage harassment causes, from taking the target’s career away to depression and more, and why 75% of targets never report it to the employer.

Avoid messaging and imagery that reinforces negative stereotypes (2m 18s) – Discover how to identify possible ways your environment may be reinforcing biased or otherwise problematic messaging.

Address all forms of discrimination to create a culture that supports your policy (2m 59s) – Learn how to address other forms of discrimination that may be happening in your workplace, including pay discrepancies, diversity, and more in order to create a fair and respectful culture.

Double discrimination and intersectionality (2m 4s) – When different types of discrimination interconnect and overlap, this is called intersectionality.

Publicly call out microaggressions and racist behavior (3m 39s) – When individuals call out this behavior publicly, others can feel a greater responsibility to speak up within their own environments against racially-problematic behaviors and situations.

Valuing Intersectionality: Challenge Societal Labels

The Lean In Women in the Workplace 2021 study cited that “more than 60 percent of Black women have been personally affected by racial trauma in the past year.”
The state of women in the workplace hangs in the balance. Women continue to face barriers to opportunities in today's workplace, making it an uneven playing field.

The path forward is clear: we need to first recognize how and why this is still occurring, create a workplace where all women feel valued, and elevate women's voices.

Developing belief in yourself and your skills (3m 55s) – Recognizing your strengths supports communication and progression. Learn how to apply evidence-based techniques to overcome self-doubt.

What organizations owe women (3m 27s) – Let’s acknowledge the systemic bias that women face in the workplace and how organizational leaders, change makers, and individuals must work on this critical issue.

Amplifying women’s voices at work (2m 27s) – The unfortunate reality is that women are more likely to be interrupted and talked over than men. Learn to employ three everyday strategies for amplifying women’s contributions at work.

Be a pilot of your own path (3m 19s) – Latina women often do not have the luxury of using their voices. Learn how to succeed as a Latina in the global economy.

Authentic leaders overcoming barriers (2m 39s) – One driving factor is representation. Hear one harrowing story of determination in this video and how being authentic will help fuel that determination to overcome barriers.

Finding your voice (1m 7s) – Learn about preparedness and the awareness of female professional potential, an interview with Norah O’Donnell, anchor, CBS Evening News.

Internal roadmaps to know your strengths (2m 37s) – How do you combine your own forces with someone else’s? Learn about Myers-Briggs testing and its potential benefits.

Women support women (1m 48s) – In this video, learn how women can, and should look out for each other, and how much a difference that can make for your career.

Are men and women heard differently? (1m 37s) – Being heard, at its core, is really about communication. In this video, work on developing a simple succinct way of communicating important information in the workplace.

Feminine power starts in the kitchen at home (59s) – Join Padma Lakshmi as she explains how the women in her life inspired her by achieving professional success. She learned how to persevere by watching others find ways around adversity and unfair situations.
Amplify and reinforce your commitment by learning the differences between diversity, equity, and inclusion (DEI).

Break the bias, drive change, and advocate for a healthier workplace where everyone feels a strong sense of self-worth.

**Define diversity and inclusion terminology** *(4m 34s)* – Managers should review their understanding of diversity, inclusion, stereotyping, and bias behaviors as they begin leading their team.

**Are you advocating for diversity and inclusion?** *(3m 45s)* – Explore what an inclusive culture looks like and what to watch out for to ensure diversity and inclusion are valued at your organization.

**Diversity versus inclusion** *(4m 50s)* – In this video, learn about the difference between diversity, inclusion, belonging, and equity.

**Why does diversity and inclusion (D&I) matter for companies** *(54s)* – There is a business imperative to develop organizations that genuinely reflect an inclusive society as a whole. Learn why this is important and its the direct link to business performance.

**Identifying inequity** *(1m 15s)* – You are an advocate who knows your organization can and should do more. Identify the common areas that need to be addressed to create change.

**Leveling the playing fields so everyone can play** *(2m 56s)* – Learn how to create a healthy culture by leaning into the nuance and differences of an inclusive design and leveling the playing field.

**Promoting equality in negotiation for the future** *(3m 36s)* – In this video, learn about the connection between societal or cultural norms and stereotypical portrayals of negotiators.

**Equality vs. equity** *(3m 5s)* – When people can distinguish between equality and equity, they are able to give people what they need to be successful.

**Exploring a framework for inclusion** *(2m 40s)* – Learn about the factors that create an environment of inclusion and explore the role of cultural competence.

**Factoring in inclusion** *(6m 15s)* – Learn how to create a broader Thrive legacy that will last beyond one leader.

**Inclusion ambassadors** *(3m 58s)* – This lesson shows you how to select champions of inclusion throughout the organization and identify how to best leverage their span of influence.

**Fundamentals of an inclusive mindset** *(4m 48s)* – There are some foundational diversity and inclusion concepts that people interested in adopting an inclusive mindset should be aware of.

**Inclusive environments** *(2m 40s)* – This video helps you identify the various components of an inclusive environment.
How do we create a world where everyone is afforded the same opportunities and feels safe to speak up without retaliation?

How do we get there? Allyship is the first step. Learn what it means to be an ally and commit to creating a culture of accountability and belonging.

**What it means to be an ally** *(2m 58s)* – Learn how to articulate a key aspect of allyship: recognizing your own privilege and using it in support of marginalized colleagues.

**Adopt an allyship mindset** *(4m 7s)* – Learn why adopting an allyship mindset is at the heart of authentic communication in a culturally diverse workplace.

**Belonging: From comfort to connection, to contribution to cocreation** *(2m 42s)* – This video explains the power of belonging and the four mutually reinforcing attribute; comfort, connection, contribution, and cocreation.

**What is an ally and what can they do?** *(4m 16s)* – Learn how allies can help support a more inclusive and belonging work environment for their colleagues.

**Use your power as an ally and accomplice** *(4m 24s)* – Dr. Christina Greer explains the differences among actor, ally, and accomplice and shares how people can support and be an advocate for others.

**How allies behave in the workplace** *(3m 57s)* – This video lists ways that allies behave in the workplace and identifies opportunities to do so.

**The link between inclusion, equity, and allyship** *(2m 20s)* – This video explains the link between inclusion, equity, and allyship and why it is so important to for individuals and businesses alike.

**How to promote purpose: Building belonging** *(2m 5s)* – Create a sense of connection through self-organized rituals and simple beacons.

**But wait, do you feel that you belong?** *(3m 40s)* – Practice three ways that you can shift your mindset and leverage your agency to create a sense of belonging for yourself.

**Cultivate belonging** *(3m 15s)* – Learn the process of othering, or how people are made to feel like outsiders. To sustain a trustworthy reputation, you must cultivate belonging by not allowing your biases to strain relationships.

**How to mentor and sponsor women** *(3m 44s)* – Learn what you need to consider when offering to mentor and sponsor women.

**Belonging** *(2m 50s)* – In this video, learn how to detect ways you can increase belonging on your team.

**Creating a sense of belonging** *(3m 59s)* – Learn how develop strategies for ensuring equity and provide your team with tools to help them consistently practice inclusivity and belonging.

**Tough conversations** *(2m 11s)* – Learn how to identify what constitutes a tough conversation and why it is so important to have to create a sense of safety and belonging.
According to The Lean In Women in the Workplace 2021 study, "compared to women of other races and ethnicities, Latinas are less likely to say they have the flexibility to take time off for family or personal reasons, and they are also less likely to be able to step away from work to deal with unexpected events. For Latinas who identify as immigrants, these numbers are even lower."

Understand the value of cultural diversity and upskill your cultural competence as organizations make cultural diversity a core priority.

Embracing cultural diversity creates space for women, and all employees, to feel comfortable bringing their unique ideas, perspectives, and experiences to the table.

Understand cultural diversity in the workplace (3m 48s) – Most workplaces today are culturally diverse but there are still factors like assumption, bias, lack of awareness that prevent employees from fully embracing cultural diversity.

Encourage cross-cultural relationship building (2m 50s) – Discover how to apply methods for breaking down cultural or racial cliques by fostering relationships with employees from other racial groups.

Avoiding communication mistakes within culturally diverse teams (2m 44s) – Learn common differences in communication styles and how to avoid making mistakes in interpreting cultural differences.

Approaching cultural unknowns (2m 51s) – In this video, learn a few different approaches to increase your understanding as well as your team's.

Creating cultural programs (2m 35s) – In this video, learn how to swap certain cultural practices to be more inclusive.

Embed diversity and inclusion into the business strategy and culture (4m 37s) – Learn why positioning diversity and inclusion as a strategic business objective is key to an organization's success.

Cultivating inclusion, belonging, and engagement (3m 2s) – Learn how to implement and contribute to cultivating cultures of high engagement, inclusion, and belonging.

What is cultural competence? (3m 48s) – Being culturally competent means being intentional in practicing curiosity over judgment.

Ground rules for culturally sensitive conversations (3m 40s) – When you’re unsure about what to say, most people don’t say anything. Learn tips to keep in mind when entering these conversations.

Diversity topics can be polarizing (3m 48s) – In this video, explore an example of a polarizing issue that could show up in the workplace to highlight the importance of having the skills to address such topics.

4E model for cultural competence (3m 32s) – In order to grow in our cultural competence, we must engage in the 4 Es: exposure, experience, education, and empathy.

Managing culturally diverse teams (2m 48s) – Learn best practices for managing teams with diverse backgrounds.
Spanish course-level mapping: International Women’s Day

Romper con los prejuicios: comprometerse a la acción
Break the Bias: Commit to Action
• Cómo superar los sesgos cognitivos
• Cómo enfrentar los prejuicios: superando nuestras diferencias

Valorar la interseccionalidad: desafiar las etiquetas sociales
Valuing Intersectionality: Challenge Societal Labels
• Cómo impulsar el cambio y el antirracismo
• Cómo dirigir en un entorno global o internacional
• Cómo desactivar la comunicación tóxica
• Cómo ser parte de un ambiente de trabajo positive
• Cómo detener el acoso laboral y la intimidación
• Recursos humanos: Cómo manejar el bullying en el lugar de trabajo

Mujeres con voz: preparar el terreno para la igualdad
Women’s Voices: Setting the Stage for Equity
• Presencia ejecutiva: Sugerencias para las mujeres
• Presencia ejecutiva para mujeres
• Estrategias de liderazgo para mujeres
• Estrategias exitosas para mujeres en el ambiente de trabajo
• Mujeres y tecnología: IT
• Mujeres en CTIM

DEI (diversidad, equidad e inclusión): comprender la importancia y las diferencias
DEI: Understand the Importance and Differences
• Diversidad, inclusión, y pertenencia
• Cómo desarrollar un programa de diversidad, inclusión y pertenencia
• Cómo gestionar la diversidad
• Diversidad e inclusión en empresas globales
• Recursos humanos: Reclutamiento de la diversidad
• Comprender e integrar la diversidad functional

Aliancismo: cerrar la brecha entre el reconocimiento y la acción
Allyship: Closing the Gap between Recognition and Action
• Cómo convertirse en un aliado femenino en el trabajo
• Diversidad, inclusión, y pertenencia
• Cómo desarrollar un programa de diversidad, inclusión y pertenencia
• Motivación e implicación en la empresa

Diversidad cultural: por qué es imprescindible
Cultural Diversity: Why It Is an Imperative
• Comunicación intercultural
• Cómo desarrollar la inteligencia intercultural
• Cómo comunicar sobre temas culturalmente sensibles
• Cómo cultivar la habilidad y la inclusión cultural
Quebrar os preconceitos: comprometer-se a agir

Break the Bias: Commit to Action

- Vieses Inconscientes: Como Lidar com a Diversidade Cultural nas Empresas
- Vieses Inconscientes na Tomada de Decisão

Valorização da interseccionalidade: rótulos sociais desafiadores

Valuing Intersectionality: Challenge Societal Labels

- Como Promover Mudanças e Combater o Racismo no Trabalho
- Como Responder a Microagressões no Trabalho
- Como Superar o Assédio no Trabalho
- Como Lidar com Pessoas Difíceis no Trabalho
- Como Conduzir Conversas Difíceis

Mulheres com voz: abrindo o caminho para a igualdade

Women’s Voices: Setting the Stage for Equity

- Mulheres na Liderança: Como Promover Líderes Inclusivas e Inovadoras
- Liderança Feminina: Como Superar Desafios no Trabalho e Criar um Ambiente Colaborativo
- Mulheres na Liderança: Estratégias Eficazes para o Sucesso Profissional
- Presença Executiva para Mulheres em Cargos de Liderança
- Mulheres na Liderança: Desenvolvimento da Presença Executiva
- Mulheres na Tecnologia: Como Romper a Barreira de Gênero
- Histórias de Vida: Mulheres na Tecnologia

DEI (diversidade, equidade e inclusão): compreender a relevância e as diferenças

DEI: Understand the Importance and Differences

- Como Gerenciar uma Equipe Diversificada
- Recrutamento Inclusivo: Como Promover a Diversidade nos Processos de Contratação
- Gestão da Diversidade nas Organizações
- Como Desenvolver um Programa de Diversidade, Inclusão e Senso de Pertencimento
- Diversidade e Inclusão em uma Empresa Global
- Como Desenvolver as Competências Necessárias para Abordar Conversas Inclusivas
- Liderança Inclusiva

Aliencismo: colmatar a lacuna entre o reconhecimento e a ação

Allyship: Closing the Gap between Recognition and Action

- Diversidade, Inclusão e Senso de Pertencimento
- Como Desenvolver um Programa de Diversidade, Inclusão e Senso de Pertencimento

Diversidade cultural: porque é essencial

Cultural Diversity: Why It Is an Imperative

- Como Cultivar a Competência Cultural e a Inclusão no Ambiente de Trabalho
- Diversidade Cultural nas Comunicações: Como Conversar Sobre Assuntos Delicados
- Desenvolvimento da Inteligência Intercultural
- Cultura Organizacional: Conceito, Tipos e Como Definir a sua
French course-level mapping: International Women’s Day

**Briser les préjugés : s'engager à agir**
*Break the Bias: Commit to Action*
- Découvrir les biais cognitifs
- Les femmes transforment la Tech : Dégayer les biais

**Valoriser l'intersectionnalité : Défier les codes de la société**
*Valuing Intersectionality: Challenge Societal Labels*
- La minute de formation : Gérer les situations RH difficiles
- Communiquer sur des sujets culturellement sensibles
- Communiquer en environnement multiculturel

**La voix des femmes : Ouvrir la voie à l'égalité**
*Women's Voices: Setting the Stage for Equity*
- Stratégies de leadership pour les femmes
- Réussir en entreprise en tant que femme
- La présence exécutive pour les femmes
- Présence exécutive : Conseils pour les femmes
- Le storytelling pour les femmes
- Défi : 21 jours pour booster son pouvoir

**DEI (Diversité, Équité, Inclusion) : Comprendre leur importance et leurs différences**
*DEI: Understand the Importance and Differences*
- Penser et intégrer la diversité en entreprise
- 10 mythes sur la diversité et l'inclusion au travail
- Développer un programme de diversité, d'inclusion et d'appartenance
- Mixité et carrière au féminin
- La minute de formation : L'inclusion et la diversité intergénérationnelle au travail

**La solidarité : Combl er le fossé entre la prise de conscience et l'action**
*Allyship: Closing the Gap between Recognition and Action*
- Développer un programme de diversité, d'inclusion et d'appartenance

**La diversité culturelle : Pourquoi c'est une nécessité**
*Cultural Diversity: Why It Is an Imperative*
- Développer son intelligence interculturelle
- Communiquer sur des sujets culturellement sensibles
German course-level mapping: International Women’s Day

Durchbrechen Sie Vorurteile: Engagieren Sie sich für Veränderung
* Break the Bias: Commit to Action
  - Unconscious Bias – Unbewusste Denkmuster erkennen und ändern
  - Unconscious Bias entgegenwirken – Diversität und Inklusion in der Arbeitswelt fördern

Intersektionalität wertschätzen: Gesellschaftsetiketten hinterfragen
* Valuing Intersectionality: Challenge Societal Labels
  - Einfach gendern: gendersensible Sprache in der Unternehmenspraxis

Die Stimmen der Frauen: Optimale Voraussetzungen für
die Gleichberechtigung schaffen
* Women’s Voices: Setting the Stage for Equity
  - Erfolgsstrategien für Frauen im Beruf
  - Erfolgsstrategien für Frauen in Führungspositionen
  - Führungsstärke ausstrahlen: Tipps für Frauen
  - Körpersprache für Frauen

Diversity, Inclusion und Zugehörigkeit: Verstehen Sie die Bedeutung und die Unterschiede
* DEI: Understand the Importance and Differences
  - Diversität und Inklusion in globalen Unternehmen
  - Diversity, Inclusion and one Kultur der Zugehörigkeit
  - Mehrere Generationen managen
  - Social Diversity - Unternehmenserfolg durch soziale Vielfalt
  - Fair Führen – Inclusive Leadership im Unternehmen fördern
  - Executive Summary: Fair Führen – Inclusive Leadership im Unternehmen fördern

Solidarität und Verbundenheit: Die Lücke zwischen Bewusstsein und
Handeln schließen
* Allyship: Closing the Gap between Recognition and Action
  - Diversität und Inklusion in globalen Unternehmen
  - Diversity, Inclusion and eine Kultur der Zugehörigkeit

Kulturelle Vielfalt: Eine Notwendigkeit für die Zukunft
* Cultural Diversity: Why It Is an Imperative
  - Interkulturelle Kompetenz
  - Multikulturelle Teams führen
偏見をなくす: 行動する
Break the Bias: Commit to Action
・ 無意識の思い込みと向き合うには
・ 偏見に立ち向かう: 違いを乗り越えて成功するには

インターフェクショナリティ(交差性)を理解する: 社会にある偏見を疑う
Valuing Intersectionality: Challenge Societal Labels
・ 職場での人種差別に取り組むには
・ 職場で声をあげるには: 傍観者から一歩踏み出すために

女性からの声: 平等な社会の実現
Women's Voices: Setting the Stage for Equity
・ 女性が職場で活躍するための成功戦略
・ エグゼクティブ・プレゼンス: 女性管理職・役員のためのヒント

DEI (ダイバーシティ、平等性、インクルージョン): それぞれの重要性と違いを理解する
DEI: Understand the Importance and Differences
・ ダイバーシティ、インクルージョン、ピロンギングの戦略を立てるには
・ グローバル企業におけるダイバーシティとインクルージョン
・ さまざまな世代の社員をマネジメントするには
・ インクルーシブ・リーダーシップ
・ 職場でセンシティブなトピックについて話すには

アライシップ: 意識と行動の間にあるギャップを埋める
Allyship: Closing the Gap between Recognition and Action
・ LGBTも働きやすい職場環境を作るには
・ ダイバーシティ、インクルージョン、ピロンギングの戦略を立てるには
・ ダイバーシティ、インクルージョン、ピロンギング

文化的多様性: なぜ不可欠なのか
Cultural Diversity: Why It Is an Imperative
・ 異文化理解能力を高めるには
・ 海外事業で成果を上げるマネジメント術
・ ビジネスにおける異文化コミュニケーション
Mandarin course-level mapping: International Women’s Day

**Break the Bias: Commit to Action**
- 无意偏见
- 直面偏见: 在差异中成长
- 女性推动技术变革: 消除偏见
- 在工作中勇于发声 – Coming Soon!

**Valuing Intersectionality: Challenge Societal Labels**
- 对抗种族歧视: 推动职场转变
- 从旁观者转变为发声者
- 防止职场骚扰

**Women’s Voices: Setting the Stage for Equity**
- 职场女性的成功实战策略
- 女性领导气质
- 女性的领导力策略

**DEI: Understand the Importance and Differences**
- 管理企业多元化
- 管理多元化团队
- 全球性企业的多元化与包容性
- 打造积极健康的工作环境
- 包容性领导力
- 包容性沟通技巧
- 员工成长: 打造良好环境 – Coming Soon!

**Allyship: Closing the Gap between Recognition and Action**
- DIB: 多元化、包容性与归属感
- 打造多元化、包容性和归属感项目
- 成为优秀导师

**Cultural Diversity: Why It Is an Imperative**
- 培养跨文化智商
- 跨国团队的社交规则
- 培养文化能力和包容性 – Coming soon!