



# FROM BIAS TO BRILLIANCE:

Breaking Down Barriers  
for Better Decision Making

## RELEVANCE:

In a world of information overload, it's more important than ever to be aware of how our mind works. We all have cognitive biases that affect our decision-making, often without us even realizing it. But what if we could break down those biases and make better, more informed choices? Whether you're making a big life decision or trying to navigate complex information at work, it's vital to have clarity and make decisions with confidence.

## DESCRIPTION:

The human brain has basically two types of thinking processes: one is quick and instinctive, and the other one is methodical and logic-driven. In order to save energy, the unconscious mind often influences your decision-making, steering you towards choices that may not necessarily be the best. By generating awareness about this, we can create new habits that will help us make more sensible decisions. In this leadership experience, we will use a bit of psychology and behavioral science to delve into the fascinating world of cognitive bias and learn how to spot it in yourself and others. From confirmation bias to the Dunning-Kruger effect, this experience provides practical tools to break down these mental barriers, and help leaders improve relationships and make more mindful choices.

## KEY OBJECTIVES:

- Distinguish the different kinds of unconscious biases;
- Use metacognition to identify whether or not you are falling into a bias trap;
- Learn the process of new habit formation.

## PRIMARY RESULTS:

By understanding and breaking down cognitive biases, we can make better decisions and avoid costly errors. A critical part of this process involves being aware of our own biases and rewiring our brains to master conscious thinking. With improved critical thinking and personal awareness, leaders can transform themselves into more effective individuals and make better decisions for themselves, their teams, and their organizations.