Bias Cleansing Using The 4Es

Name:
Date:

How to Create Your Plan: For each area you will choose 1-2 bias cleansing techniques. For each technique indicate 1) how you will implement it, 2) the frequency and start date, and 3) your accountability partner & plan for check-ins.

Education - Afford yourself an ongoing education about diversity, cultural humility & cultural reflexivity.

Technique 1	Implementation plan	Frequency & start date	Accountability partner & plan
Technique 2	Implementation plan	Frequency & start date	Accountability partner & plan

Journal Your Success

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Experiences - Create opportunities–both big and small–to experience diversity in your life.

Technique 1	Implementation plan	Frequency & start date	Accountability partner & plan
Technique 2	Implementation plan	Frequency & start date	Accountability partner & plan

Journal Your Success

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Empathy - Build the capacity to understand and feel what another person is experiencing.

Technique 1	Implementation plan	Frequency & start date	Accountability partner & plan
Technique 2	Implementation plan	Frequency & start date	Accountability partner & plan

Journal Your Success

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Exposure - Discover new perspectives through new and unfamiliar situations.

Technique 1	Implementation plan	Frequency & start date	Accountability partner & plan
Technique 2	Implementation plan	Frequency & start date	Accountability partner & plan

Journal Your Success