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## **Integrating Doctrine & Diversity Speaker Series: Breaking Bias: A Conversation With Attorney Anu Gupta 9-10-2024**

Roger Williams University School of Law

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# INTEGRATING DOCTRINE & DIVERSITY SPEAKER SERIES: BREAKING BIAS: A CONVERSATION WITH ATTORNEY ANU GUPTA

**INTEGRATING**  
DOCTRINE + DIVERSITY

Breaking Bias: A Conversation with  
Attorney Anu Gupta

Join us for a celebration of Attorney Anu Gupta's new book, *Breaking Bias*, and learn about how you might use mindfulness practices and science backed research to understand and combat stereotypes, bias, and prejudice in the law school classroom. Attendees will learn not just the work researchers have done to identify the causes of identity-based biases, but also about the exercises and tools developed by Anu to build capacity for compassion and change.

**RWU LAW**  
ROGER WILLIAMS UNIVERSITY

Tuesday, September 10, 2024  
12:00–1:00 PM EST



**FEATURED SPEAKER**

Anu Gupta, MPhil, JD,  
Founder and CEO,  
BE MORE with Anu



**MODERATOR**

Nicole P. Dyszlewski  
Assistant Dean of Academic  
Innovation,  
Roger Williams University  
School of Law



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## Breaking Bias: A Conversation with Attorney Anu Gupta

Tuesday, September 10, 2024

12:00pm - 1:00pm

RWU Law | Zoom Webinar Program

RSVP Required

Join us for a celebration of Attorney Anu Gupta's new book, *Breaking Bias*, and learn how you might use mindfulness practices and science backed research to understand and combat stereotypes, bias, and prejudice in the law school classroom. Attendees will learn not just about the work researchers have done to identify the causes of identity-based biases, but also the exercises and tools developed by Anu to build capacity for compassion and change.

This event is co-sponsored by Roger Williams University School of Law, City University of New York School of Law, George Washington University Law School, Berkeley Law, and JURIST.

12:00 Noon - 1:00 PM EST

[Register - September 10 - Integrating Doctrine & Diversity Speaker Series](#)

In 2021, RWU Law began sponsoring an ongoing [Integrating Doctrine & Diversity Speaker Series](#) in collaboration with CUNY School of Law and JURIST. Each previous installment has been attended by hundreds of legal education professionals from across the country.

## Meet the Speaker



Anu Gupta

**Anu Gupta** is an educator, lawyer, scientist, and the founder and CEO of BE MORE with Anu, an education technology benefit corporation that trains professionals across corporate, nonprofit, and government sectors to advance DEIB and wellness by breaking bias.

His work has reached 300+ organizations training more than 80,000 professionals impacting over 30 million lives. As a gay immigrant of color, he came to the work of breaking bias after almost ending his life due to lifelong experiences with racism, homophobia, and Islamophobia. The realization that bias can be unlearned helped lead him out of that dark point and inspired a lifelong mission to build a global movement for social healing based on principles of mindfulness and compassion. A peer-reviewed author, he has written and spoken extensively, including on the TED stage, the Oprah Conversation, *Fast Company*, *Newsweek*, and *Vogue Business*.

## About Anu Gupta's Book

For readers of *Caste*, *Sapiens*, and *The Dawn of Everything*, a page-turning deep-dive into how bias is learned—plus a strikingly original and highly effective set of tools to un-learn it.

Imagine a world without bias. A world where all human beings can truly be just as they are and unleash their full potential. Take a moment to imagine how you feel in such a world—not what you think about it, or whether you believe it's possible, but how you feel. This is the proposition that opens *Breaking Bias*. It's your invitation to embark on a journey that will radically change your experience and show you how you, in turn, can help reshape our world.

Blending ancient Buddhist wisdom with modern scientific evidence, Anu takes us on a deep-time journey to explore human identities and identity-based biases and to recognize that breaking bias is the key to unlocking multiple crises in our world—from racism, sexism, classism, and other -isms to burnout, loneliness, and climate change. Then he offers his signature PRISM toolkit—a science-backed, somatically informed set of contemplative tools—to help us dismantle learned bias within ourselves and in the world around us, moment by moment, with probing questions and writing prompts throughout the book that invite us to put these tools to use right from the start.

## Meet the Moderator



Nicole P. Dyszlewski

**Nicole P. Dyszlewski** is one of the editors of *Integrating Doctrine and Diversity: Inclusion and Equity in the Law School Classroom*. She currently serves as Assistant Dean of Academic Innovation at Roger Williams University School of Law. She received a B.A. from Hofstra University, a J.D. from Boston University School of Law, and an M.L.I.S. from the University of Rhode Island Graduate School of Library and Information Studies. She is a member of the Massachusetts State Bar and the Rhode Island State Bar. Her areas of interest are mass incarceration, access to justice, and systems of race and gender inequality in law. Nicole was the 2020 recipient of the American Association of Law Libraries (AALL) Volunteer Service Award and the 2015 recipient of the AALL Emerging Leader Award.