

# Human Skills for AI – Professionals Edition

*Half-day intensive training – in-company, on-location*

## ***‘Grow with Change – Don’t Just Survive It’***

AI is reshaping how we work — and that brings both opportunity and uncertainty. Many professionals wonder if their skills will still be valued in an AI-driven workplace. But in reality, the skills that make you human are more important than ever.

**This training helps you reconnect with those skills — and grow with confidence instead of fear.**

It’s not about becoming a tech expert. It’s about understanding how AI affects your work, and how to strengthen the mindset and qualities you need to stay resilient, relevant, and in control.

*This isn’t another info session — it’s a hands-on, empowering experience to help you shift perspective, build trust in yourself, and move forward with clarity.*

## **What’s it about?**

In this energizing half-day training, we focus on the personal impact of AI and change: what it brings up emotionally, how to navigate it mentally, and how to respond practically. Through reflection, honest conversation, and simple tools, you'll explore how to grow your adaptability, confidence, and sense of ownership — no matter what changes around you.

*This is not about becoming an AI expert or giving away your power to AI. It’s about unlocking the human potential to grow with change.*

---

## **What’s the structure?**

An in-company, on-site session that mixes short theory bursts, reflection, and body-based exercises — all in a safe, interactive environment:

- Check-in & introduction: personal responses to AI and change
- Beliefs: how beliefs shape our reaction to new technology
- From fear to openness: exploring resistance and unlocking curiosity
- Key human skills for today’s work: empathy, flexibility, ownership
- Embodied confidence: how to stay grounded when things shift
- Peer sharing & learning from each other
- Personal commitment & group close

## **After this training, you will...**

- Recognize your own mindset blockers and emotional reactions to AI
- Shift from fear or resistance to curiosity and confidence

- Understand which human skills matter most in your role moving forward
- Feel more in control and open to experimenting with new ways of working
- Contribute to a positive team culture based on trust and learning
- Leave with one clear action step to grow your human skills starting today

AI is shaping the future of work—but **humans shape what matters**.

Ready to feel more confident, future-proof, and in control — no matter what changes?

Join us.