

AI Core Sprint

for skills

Helping managers and team leads move beyond basic AI use and start treating AI as your AI team of four, led by you.

AUDIENCE

Managers, team leads, and specialists

FORMAT

3.5 to 4 hours. In person or online.

What you will do

For anyone still using AI mainly as an assistant who wants to get much more from it. This session uses a realistic day in the life scenario involving decisions, communication, and problem solving. Through short inputs, live demonstrations, and hands on practice, you will move between all four AI roles on a single end to end case.

After this, you can

- Use the Assistant to handle routine tasks like emails, summaries, and formatting, freeing up time for work that actually matters.
- Call on the Expert to break down complex topics, regulations, or unfamiliar areas, getting depth on demand without being the specialist.
- Engage the Coach to challenge your thinking, prepare for difficult conversations, and stress test decisions, without judgment or agenda.
- Activate the Creative to brainstorm ideas, generate options, and move from blank page to working draft, getting more to work with, faster.
- As the Conductor, you decide which role to call on, when to switch, and when the output is good enough. That is the human judgment AI cannot replace.

What you walk away with

- A clear understanding of the 4 AI roles and when to use each one.
- A reusable AI Employee role card with ready to use prompts for each role.
- Confidence and a clear plan for getting more out of AI at work.

Optional: Pit Stops

Each Sprint can be followed by two Pit Stops (1 hour each, max 6 people) to turn learning into lasting habits.