

# 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.