

AI: Your Catalyst for Growth

Session Overview

This session isn't just about AI—it's about people. *AI: Your Catalyst for Growth* offers a simple, engaging way to explore how AI is shifting the workplace and how skills like critical thinking, creativity, and resilience are more important than ever.

"AI is not going to replace humans, but humans with AI are going to replace humans without AI."

Karim Lakhani

Unleash Your Potential in this Age of AI

- Understand AI's impact on jobs, skills, and employee expectations
- Explore the uniquely human skills that matter most in the AI era
- Discover your role in AI strategy, change management, and upskilling
- Learn how to support your workforce's transition through AI adoption

Why Teams Book This Session

- ✓ Builds foundational AI literacy and confidence
- ✓ Sparks curiosity and growth mindset across teams
- ✓ Frames AI as a tool to empower—not replace—humans
- ✓ Provides skills to guide ethical and responsible implementation

Workshop Outline

1. **Start with Curiosity** – Gauge readiness and shift mindset (optional presurvey)
2. **Demystify AI** – Understand what AI is and why it matters
3. **AI at Work** – Explore how roles are evolving
4. **What Humans Do Best** – Reclaim the uniquely human edge
5. **Plan Your Next Step** – Build your personalized AI learning journey

Perfect for

- Leadership offsites
- Client networking events
- Innovation summits
- Functional team development

Offered as a 60-90 minute virtual or in-person session.



Allyson Carter

Coach for Growth

allyson@letsgrowyou.com