

Open to AI: A Human Experience

Where people learn to stay curious, agile, grounded, and brave in the age of AI.

Open to AI creates a safe space to ask real questions, practice with prompts, gain clarity, lose fear, and build practical confidence, all supported by live coaching and reinforcement between sessions.

This program is about ensuring that people are ready and able to adopt and adapt AI to improve and accelerate performance (it is not about training people on AI).

The reality is that no one knows for sure how AI will change business, but we all know we must be ready for whatever comes.

LEARNING OUTCOMES:

Individuals will:

- Build both neural and moral capacity.
- Learn to use AI to see their thinking, not just automate tasks.
- Understand why adaptability is trainable, not innate.

Organizations will:

- Enhance enterprise risk management and responsible innovation.

Expected impacts:

- Shifts “AI as threat” to “AI as possibility” by surfacing worry and normalizing resistance.
- Builds learning agility through low-stakes experimentation (play + practice).
- Increases adaptability during ongoing transformation.
- Improves cognitive flexibility.
- Strengthens ethical reasoning in the gray areas of AI.
- Enhances trust and reduces risk by aligning AI adoption with organizational values and responsible innovation practices.
- Models a safe-to-try experimentation culture for shared learning and momentum.

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With AI looming over all of us, this program touched on topics to relieve the anxiety, broaden our knowledge, and prepare us for the future.

- Program Participant, May 2026

TOPICS:

- **Curiosity Over Fear:** Normalize resistance and open the door to increasing the speed of learning and adaptation; shift from protective thinking to an exploratory mindset.
- **Learning Agility:** Build learning agility through play and low-stakes experimentation.
- **Ethical Reasoning:** Practice judgment and moral discernment in the gray areas of AI.
- **Experimentation Culture:** Embed a mindset of safe-to-try action and shared learning.

FORMAT:

- Four 60-minute sessions (weekly or bi-weekly)
- Delivered live via Zoom and supported by an asynchronous podcast playlist and pLink Positive Nudges™
- For groups of up to 24 people lead by a pLink Leadership Senior Executive Coach.

