AI AND YOUR WORK

5 Personal Risks of AI

Beyond fear of job loss, people carry quieter concerns, even when their role feels safe. These are worth discussing.

1. **Losing the work you love**
   AI may take over the tasks that give you energy, not just the ones that drain it.
2. **Losing your go-to status**
   Why ask Susan when AI can answer? Being the person others turn to can quietly fade.
3. **Feeling your expertise is worth less**
   "I spent years learning what AI does in minutes." That stings, even when it isn't the whole story.
4. **Too much, too fast**
   New tools arrive every week. It's drinking from a firehose, and it's easy to feel behind.
5. **Unclear expectations**
   No one has said what's allowed, what's expected, or how your role fits going forward.

THE OTHER SIDE

5 Personal Opportunities of AI

1. Hand off the tedious work

Let AI take the repetitive, boring tasks so you have more time for the parts you enjoy.

2. Become a go-to for AI

Early learners become the people others turn to. That's leadership in a technology reshaping the workplace.

3. Expand your scope

Explore fields you're curious about, like design, analysis, or storytelling, and finally tackle the "what ifs" that once needed time or skills you didn't have.

4. Start with one task

Pick one task you find tedious and try AI on it this week. Small wins build confidence without the firehose.

5. Shape your role your way

Job crafting: as your role changes, actively reshape it to prioritize the work you do best and want to focus on.

The same tool that can shrink a role can also grow it. Open discussion should cover both.

Free 30-minute courses

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