

# Human in the AI Era

A 3-week program for people navigating what AI means for their work, their role, and their sense of professional identity.

**3**

weeks

**12**

people max




**1**

manifesto. Yours



# Sounds familiar?



-  *Your company just announced an AI rollout. Nobody asked how you feel about it.*
-  *You're not sure if your skills still matter, but nobody is saying that out loud either.*
-  *Every article is about what AI can do. None of them are about what that means for you.*

*This program is for the conversation nobody else is having.*

**We heard that too.**

**And here's what we've built.**

# A program that fits your week, not the other way around.

\* English or Czech \* remote \* not recorded

**3**

**sessions**

one per week

**2.5**

**hours**

the interval of one session

**12**

**people max**

open cohort or private workshop

**1**

**manifesto**

yours to keep

week 01

**What is happening  
and who am I in it?**

week 02

**Trust, control and  
letting go**

week 03

**What only I can do  
and what comes  
next**



**What you'll learn.**



# What is happening and who am I in it?

AI didn't ask your permission before entering your work. And most conversations skip straight to tools and tips, without stopping to ask how you're actually doing with all of this.

We start with an honest picture of what AI can and cannot do. Then we go somewhere most programs don't: straight to the personal. *What does this mean for how you see yourself? What are you afraid of losing?*

You leave with language for something you've probably been carrying quietly. And that's further than most AI conversations ever get.

## Overview

- ✿ What AI can and cannot do
- ✿ Why this shift feels more personal
- ✿ Skills vs. human value
- ✿ Naming fears without fixing them yet

# Trust, control, and letting go

By now you've probably used AI at work, maybe reluctantly, maybe more than you'd admit. But have you stopped to notice how you use it? Do you overtrust it? Avoid it? Feel guilty either way?

This session is about the psychology underneath the day-to-day. You'll review a week of your own AI interactions and see your patterns clearly. Without judgment.

The goal isn't to use AI more. It's to use it consciously, knowing what you're choosing to keep, what you're happy to hand off, and why.

## Overview

- Automation bias & over-reliance
- The psychology of avoidance
- Who owns the outcome?
- Your personal calibration intention





# What only I can do and what comes next

This is where everything comes together. After two sessions of honest reflection, you're ready to build something.

You'll write your personal manifesto – a declaration of what you bring to your work that cannot be automated. Your judgment, your relationships, your way of making meaning.

At the end, each person reads one sentence aloud to the group. It sounds small, but it isn't. You leave with the manifesto, a 30/60/90 day intention map, and a cohort of people who went somewhere most AI conversations never go.

## Overview

-  Creativity & judgment as human anchors
-  Writing your manifesto
-  The sharing ceremony
-  Your 30/60/90 day intention map

# What you leave with.



A clear, honest picture of what AI can and cannot do



Words for the uncertainty you've been carrying and permission to feel it



Clarity on your irreducible value. What you bring that no AI replicates



A personal manifesto you wrote, read aloud, and own



A 30/60/90 day intention map for what comes next



A cohort of peers who shared a real psychological journey

*“Most AI programs teach you what to click.”*

This one works on the layer underneath. The psychology of working alongside something that feels like it's changing the rules of what makes you valuable.

\* Grounded in identity theory, cognitive bias research, and self-determination psychology.



# This is for you.

For non-technical people navigating AI at work — whatever your setup.



**First cohort – 3 500 Kč per person for the full 3-week program.** You get a lower rate, in return, your feedback helps us shape the program for everyone who comes after you.

## Open cohort

### Joining as an individual

Not coming with colleagues — and that's fine. You join people from different backgrounds. Strangers at first, rarely by the end.

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**3 500 Kč**

## Open cohort

### Freelancers & self-employed

Navigating this shift without a team to process it with might mean this program is even more for you.

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**3 500 Kč**

## Private workshop

### Companies & teams

Same content, shaped around your company's context. Up to 12 people.

One shared experience that stays with the team.

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**On request**

\* English or Czech \* remote \* max 12 participants

LIMITED SPOTS AVAILABLE

# Ready?

The next cohort is

**Friday, June 12th 2026**



**9:00 – 12:00**



**Join today →**

**PR\*PAIDEIA**  
hr consulting