

Your job and AI: Three uses, three futures

Adaptive module

~20 min

Nearly half of employees never use AI at work, while autonomous AI agents are already entering everyday tools. This module starts with each person's situation: where they stand on the adoption curve, how far they climb the ladder of AI uses, and which scenario they anticipate for their job (disappearance, transformation, or a change they choose).

LEARNING OBJECTIVES

- 01 Place your actual use of AI on Rogers's adoption curve, without judgment but with clarity.
- 02 Climb the three levels: the assistant that carries out tasks, the partner that thinks with you, the agent you delegate to.
- 03 Give AI your context to get accurate answers, and stay the human in the loop.
- 04 Anticipate the three scenarios for your role (eliminated, transformed, or left by choice) and identify skills that could transfer.

WHO IT'S FOR

Anyone who wants to choose their place in the age of AI, from curious beginners to daily users.

- **Prerequisite:** none

HOW THE MODULE WORKS

Self-paced, with practice tailored to each learner.

- 1 **Self-assessment:** on 9 dimensions, to gauge current habits and guide the practice.
- 2 **Expert video:** 10 minutes, with 3 pauses for reflection.
- 3 **Practice scenarios:** the first 2 chosen from the self-assessment, then 16 optional ones. Every answer gets feedback: what it leads to, and one way to improve.
- 4 **Dated commitment:** one action to try, written by the learner or picked from the suggestions.
- 5 **Memo to download:** key takeaways, questions, commitment, personal notes and checklists.

A SAMPLE PRACTICE SCENARIO

For six months, AI has been writing the standard quotes, half of the work of Anouk, a sales assistant. That leaves her fifteen clients with special terms, and the disputes. Anouk's manager hasn't said anything about her role. Anouk's annual review is in three weeks. How can Anouk think about what comes next?

ASSESSMENT AND COMPLETION

Pass mark: 80%

The score takes into account your answers to the practice scenarios, your commitment and, where relevant, any additional learning activities. Passing requires a commitment and a score of at least 80%.

METHODS & MODELS

- Diffusion of innovations curve in 5 categories (Everett Rogers, 1962)
- Afthonios ladder of 3 levels of AI use (the assistant that carries out tasks, the partner that thinks with you, the agent you delegate to)
- The human-in-the-loop stance
- Afthonios method of 3 career scenarios (role eliminated / role transformed / chosen change), inspired by scenario planning

SOURCES & REFERENCES

- Gallup, Q4 2025: 49% of US employees never use AI at work, 12% (about 1 in 8) use it every day
- World Economic Forum, Future of Jobs Report 2025: 39% of key skills transformed by 2030
- World Economic Forum, Reskilling Revolution (citing the OECD): 1.1 billion jobs radically transformed by technology within a decade
- BCG Henderson Institute, "AI Will Reshape More Jobs Than It Replaces" (2026)