MODULE OVERVIEW

Aim higher with AI: Iterate, stay in control, build an agent

Adaptive module | ~20 min

Three in four employees don't feel skilled enough to use AI in their work, and confidence falls as use increases. This module focuses on what separates timid use from ambitious use: iterating instead of stopping at the first failed attempt, deciding each time who stays at the helm, and building agents with a limited scope starting this week.

LEARNING OBJECTIVES

01 Recognize the false arguments of the inner voice that targets you first, and then the AI tool itself.

02 Iterate on your requests instead of stopping at the first imperfect result, until you genuinely save time.

03 Decide consciously, each time you use AI, what calls for your own judgment and what AI can handle on its own.

04 Extend ambitious AI use to the whole team, and build agents for a sequence of repetitive tasks.

WHO IT'S FOR

Anyone who wants to make AI an amplifier of their ideas and experience.

- **Prerequisite:**
  Stop playing small with AI: Decode the three inner voices

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

Karim, a quality engineer for eight years, must propose to his manager tomorrow the cause of the cracks a customer found in a batch of bottles. Karim already has an idea of what changed on the line. The AI assistant can analyze the readings in a few minutes. What does Karim do?

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

- Playing big / playing small, inspired by Tara Mohr, Playing Big (2014)
- Afthonios method of the "Protector," an inner voice, related to the concept of the "saboteur" (Positive Intelligence, Shirzad Chamine)
- Minimum viable product, inspired by Lean Startup (Eric Ries, 2011)
- Afthonios principle of "switching stations" (radio metaphor)

SOURCES & REFERENCES

- Noy & Zhang, "Experimental evidence on the productivity effects of generative AI" (Science, MIT): people writing professional documents finish about 40% faster with generative AI
- ManpowerGroup, Global Talent Barometer 2026: regular AI use up 13% in 2025, while confidence in using it fell 18 points
- Wiley, 2025 survey: 75% of employees say they lack confidence in their use of AI
- Brynjolfsson, Li & Raymond, "Generative AI at Work" (NBER / Quarterly Journal of Economics): customer service agents assisted by AI handle 14% more requests per hour

Module created by Afthonios.com.

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