MODULE OVERVIEW

Fear or excitement about AI: Your outlook decides

Adaptive module | ~20 min

The arrival of an AI assistant worries one person and excites another: same announcement, two realities. Outlook is not a detail. It drives mindset, then action: working with a positive mindset makes people about 12% more productive. Without denying the uncertainties, this module draws on cognitive science to explain the filters that shape our outlook. It then teaches learners to direct it toward what moves them forward, with AI as elsewhere.

LEARNING OBJECTIVES

01 Understand how selection, distortion, and generalization, reinforced by two well-known biases, construct our reality.

02 Distinguish a positive outlook from naive positive thinking: seeing a situation's potential and choosing what to water.

03 Make an informed choice about your stance toward AI: refusal, surface-level use, or active engagement.

04 Build a positive outlook on yourself from past comebacks, to keep moving without getting stuck, whatever AI changes.

WHO IT'S FOR

Anyone whose first instinct is to spot what's wrong and who would like an outlook that helps them move forward.

- **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

Last Thursday, an update installed by Lior, a support technician, blocked a client's access for an hour. This morning, Lior's manager simply writes to him: "Come and see me at 2 p.m." This manager usually says what it's about. Lior is convinced it's about Thursday. What does Lior 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

- Broaden-and-build theory – Barbara Fredrickson
- Three perception filters (selection, distortion, generalization) – inspired by the NLP meta-model (Bandler & Grinder, 1975)
- A positive view of yourself rooted in past comebacks – inspired by self-efficacy (Albert Bandura)
- Grid of the 3 stances toward AI (refusal, half-hearted use, active involvement) – drawn from Afthonios coaching practice

SOURCES & REFERENCES

- Oswald, Proto & Sgroi (University of Warwick) – "Happiness and Productivity", Journal of Labor Economics: happiness increases productivity by about 12%
- Barbara Fredrickson – broaden-and-build theory (1998/2001): positive emotions broaden the thought–action repertoire
- Baumeister et al. – "Bad Is Stronger Than Good" (2001): negativity bias
- James Gross (1998) – the processes of emotion regulation

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