

Stay the author of your work when AI writes

Adaptive module

~20 min

AI promised to bring work back to what matters. In practice, it often creates a supervision loop and standardized content: the “workslop” that 41% of employees say they received in the previous month (BetterUp–Stanford). This module names the real shift: from author to mere supervisor. It also provides the compass—value lies in the distance from the average—and extends to the manager’s responsibilities and the transparency required by the AI Act.

LEARNING OBJECTIVES

- 01 Understand how delegating to AI turns work into a supervision loop and standardizes output.
- 02 Recognize the three signals of the shift from author to supervisor in your own relationship to work.
- 03 Stay the author by applying distance from the average: decide what not to delegate and rewrite in your own voice.
- 04 Protect your team’s authorship as a manager: useful tasks, a measure of distinctiveness, and the transparency required by the AI Act.

WHO IT’S FOR

Anyone who wants to stay the author of what they produce with AI, and managers who make sure their team does too.

- **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

Youssef, a career development advisor, is finishing the assessment of Amara, an accountant who is thinking of becoming a trainer. The AI assistant has written a fluent summary: “transferable skills,” “a coherent plan.” The summary doesn’t say what Amara told Youssef: she is still hesitating, for fear of losing income. What does Youssef 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

- Superagency – McKinsey report (“Superagency in the Workplace,” 2025)
- Co-author / staying the author – Afthonios method
- “Value = difference from the average” – Afthonios method
- AI slop / workslop – documented concepts (BetterUp–Stanford study)

SOURCES & REFERENCES

- McKinsey – “Superagency in the Workplace” report (2025), which popularized the term “superagency” (individuals empowered by AI)
- BetterUp–Stanford (2025) – study on “workslop”: 41% of employees say they received this empty AI content in the previous month, with about two hours of cleanup per case
- Doshi & Hauser – Science Advances: generative AI improves individual creativity but reduces the collective diversity of what is produced
- AI Act, Article 50 – transparency obligations for content generated or altered by AI, since 2 August 2026