



BETTER THINKING *in the age of* **AI**

AI is absorbing more of our doing every day. The differentiator left is our thinking. Rooted in Dan Pontefract's research on thinking and artificial intelligence (and a pending book), this workshop rebuilds the muscles automation cannot replace: creative, critical, and applied thinking, the balance of reflection and action, and the discipline of winning back focus while using AI as a complementary tool.

WORKSHOP OUTLINE

Workshop Value

This workshop covers the following:

- Recognize which Thinking Face shows up under pressure: Fogged, Frozen, Frenzied, or Open
- Use AI as a complement to judgment rather than a crutch to lean on or a wall to hide behind
- Spot the four AI warnings: automation bias, plausibility, single-shot, and context loss
- Apply the AI guardrails: you choose the problem, set the criteria, and own the decision
- Invest time rather than manage it, using the 5 Ds and protected thinking blocks
- Leave with habits, frameworks, and AI-assisted tactics for all three types of thinking

Workshop Format

- Delivery: Face-to-face (ideal), 3.5 hours or 2 x 90-minute sessions
- Engagement: Table discussions, activities, quizzes, polls, and self-reflection
- Materials: Job aid included for practical application post-session

Workshop Audience

This workshop is designed for teams, leaders, and knowledge workers navigating AI adoption who want better decisions rather than merely faster ones, and for organizations concerned that speed and busyness are quietly eroding judgment.

Workshop Concepts

- The age of busyness and its cost to judgment
- The Open Thinker Cycle including Reflect, Act, and Iterate
- The Four Thinking Faces: Fogged, Frozen, Frenzied, and Open
- AI as companion, not replacement: thinking as a muscle
- The four AI warnings and thinking guardrails
- Time investment over time management
- Habits, frameworks, and AI-assisted tactics for all three types of thinking