



# AI-Ready Mindset: Building Confidence, Adaptability & Human Skills In The AI Era

## COURSE SYNOPSIS

As artificial intelligence (AI) increasingly reshapes workplaces, many professionals are experiencing uncertainty about how to adapt, remain relevant, and work effectively alongside emerging technologies. While AI tools continue to evolve rapidly, the ability to navigate change with confidence, sound judgement, adaptability, and human-centered skills is becoming even more critical.

This 1-day programme is designed for professionals who want to better understand the human impact of AI transformation and develop practical strategies to thrive in an AI-enabled workplace. Rather than focusing on technical AI tools or coding skills, the programme emphasises **mindset readiness**, **workplace adaptability**, **emotional resilience**, and **decision-making** in times of rapid change.

Participants will explore how AI is influencing work, teams, communication, and professional identity, while learning practical approaches to manage uncertainty, strengthen adaptability, and build confidence in navigating AI-driven transitions. Through **facilitated discussions**, **reflective exercises**, **scenario-based activities**, and **peer learning**, learners will develop greater clarity on how to work alongside AI while continuing to contribute uniquely human value.

The programme introduces the growing need for **human judgement**, **emotional intelligence (EI)**, **trust-building**, and **adaptability** in organisations adopting AI technologies. This provides learners with a practical foundation for understanding why these capabilities matter, and positions them to explore deeper leadership development pathways if they aspire to lead teams through AI-driven change.

By the end of the course, participants will be able to better understand the human side of AI transformation, apply practical strategies for navigating workplace change, build personal resilience and confidence, and recognise their pathway for professional and leadership development in the evolving world of work.

## DURATION

9.00am - 5.00pm  
(inclusive of 1 hour lunch break)

## PREREQUISITES

Participants are required to bring their own laptop

## COURSE DATES

<https://asktraining.com.sg/course-schedule/>

## COURSE FEE

S\$708.50 (inclusive of 9% GST)

Course Code: **ASKARM**



# COURSE OBJECTIVES

By the end of this course, you should be able to:

- ✓ Explain how AI and workplace automation are influencing job roles, workplace expectations, communication, and professional adaptability.
- ✓ Identify common emotional and psychological responses to AI-driven workplace change, including uncertainty, resistance, and anxiety.
- ✓ Apply practical strategies to develop adaptability, resilience, confidence, and a growth-oriented mindset when navigating AI-related transitions.
- ✓ Recognise the importance of human-centered skills such as communication, judgement, empathy, trust-building, and collaborative problem-solving in an AI-enabled workplace.
- ✓ Understand the "AI Leadership Gap" and identify your pathway for deeper professional and leadership development if you aspire to lead teams through AI-driven transformation.



# COURSE OUTLINE

## **Topic 1**

**Understanding the Human Impact of AI in the Workplace**

## **Topic 2**

**Developing an AI-Ready Mindset and Adaptability Skills**

## **Topic 3**

**Building Confidence, Judgment and Human-Centered Skills in Times of Change**

## **Topic 4**

**Navigating Workplace Transformation and Your Next Professional Chapter**