



Stress Management Society
from distress to de-stress



International
Wellbeing Insights
People, Culture & Wellbeing

THE IMPACT OF ARTIFICIAL INTELLIGENCE (AI) ON THE WORKPLACE

21st June 2023

HOW MANY OF YOU...



HOW MANY OF YOU ARE AWARE OF THE IMPACT AI HAS HAD TO YOUR WORKPLACE?



HOW MANY OF YOU FEEL POSITIVE ABOUT HOW AI WILL IMPACT THE WORKPLACE?



HOW MANY OF YOU ARE WORRIED AND CONCERNED ABOUT AI?



HOW MANY OF YOU HAVE NOT THOUGHT MUCH ABOUT THE IMPACT OF AI ON THE WORKPLACE?



RAISE YOUR HAND TO AGREE

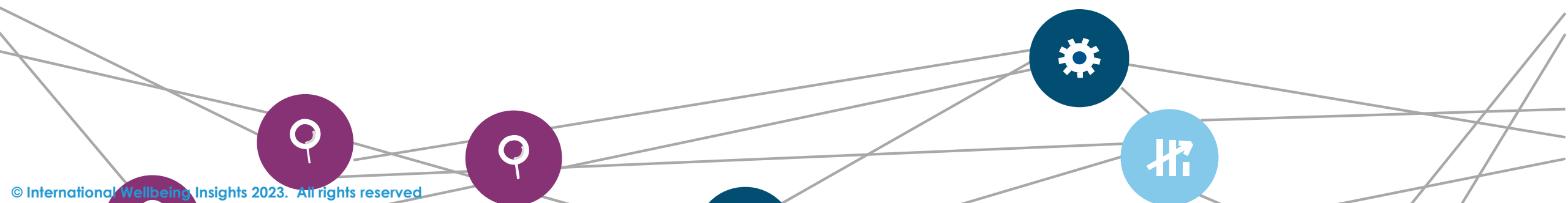




INTERNATIONAL WELLBEING INSIGHTS HAS BEEN DEDICATED TO LEADING EFFECTIVE UNIVERSAL CHANGE WITH OUR PASSIONATE APPROACH TO RECOGNISING AND REDUCING STRESS AND PROMOTING WELLBEING SINCE 2003.

WE ARE THE RESEARCH AND CONSULTANCY ARM OF **THE STRESS MANAGEMENT SOCIETY**

OUR VISION IS TO CREATE A **HAPPIER, HEALTHIER AND MORE RESILIENT** WORLD.



CLIENTS



ABOUT THE SPEAKERS



NEIL SHAH

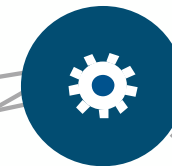


- International Speaker
- Stress Management/Wellbeing expert
- Management Consultant
- Executive Coach
- Master Trainer
- Best Selling Author

RICKY SOLANKI



- Global Agency Leader
- Adtech Creator
- International Speaker
- Growth Consultant
- Digital Marketing Expert
- Coach





WHAT ARE YOUR THOUGHTS AND EXPERIENCES ABOUT AI IN YOUR WORKPLACE?



PLEASE FEEL FREE TO TAKE THE MIC OR PUT AN ANSWER
IN THE CHAT SECTION



THE IMPACT OF AI IN THE WORKPLACE



AUTOMATES REPETITIVE TASKS

IMPROVES EFFICIENCY

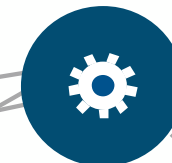
ENHANCES PRODUCTIVITY



JOB DISPLACEMENT

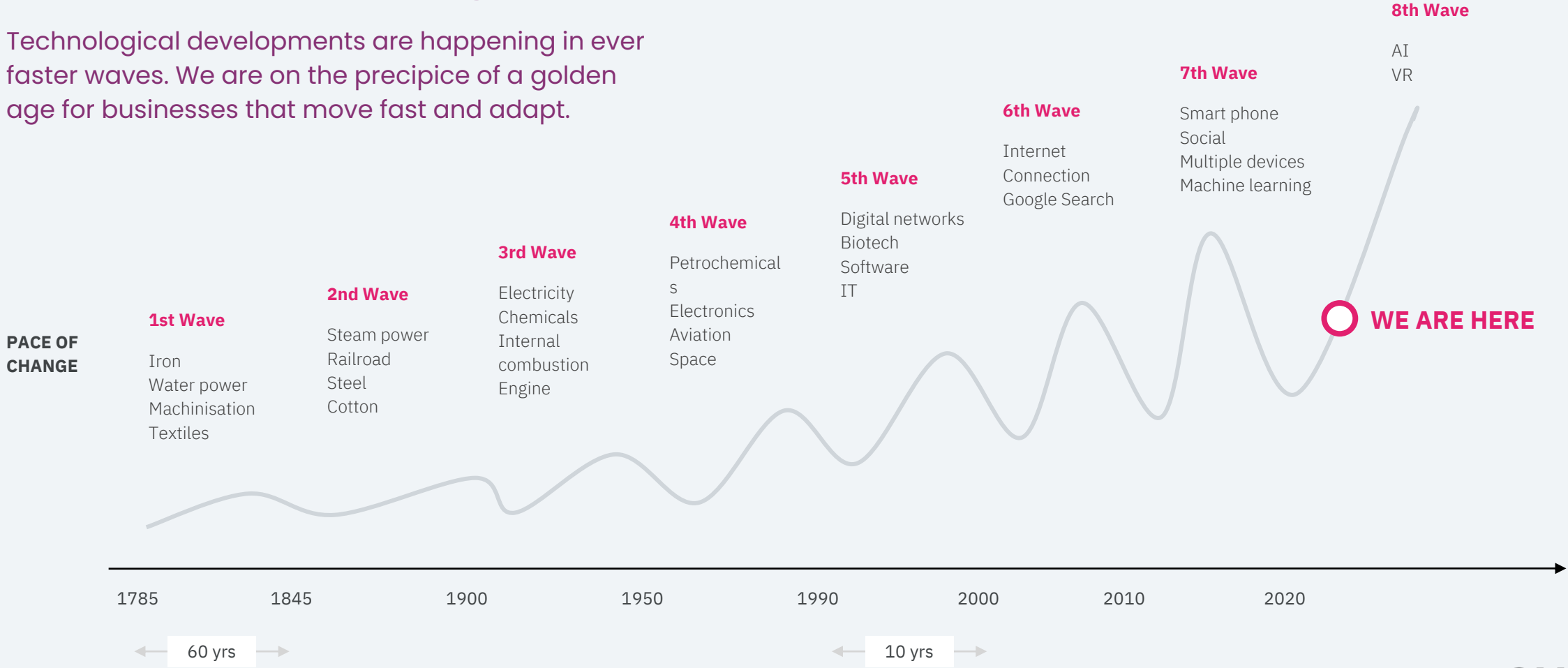
JOB DEGRADATION

INCREASED RELIANCE ON TECHNOLOGY



The Pace of Change is Accelerating

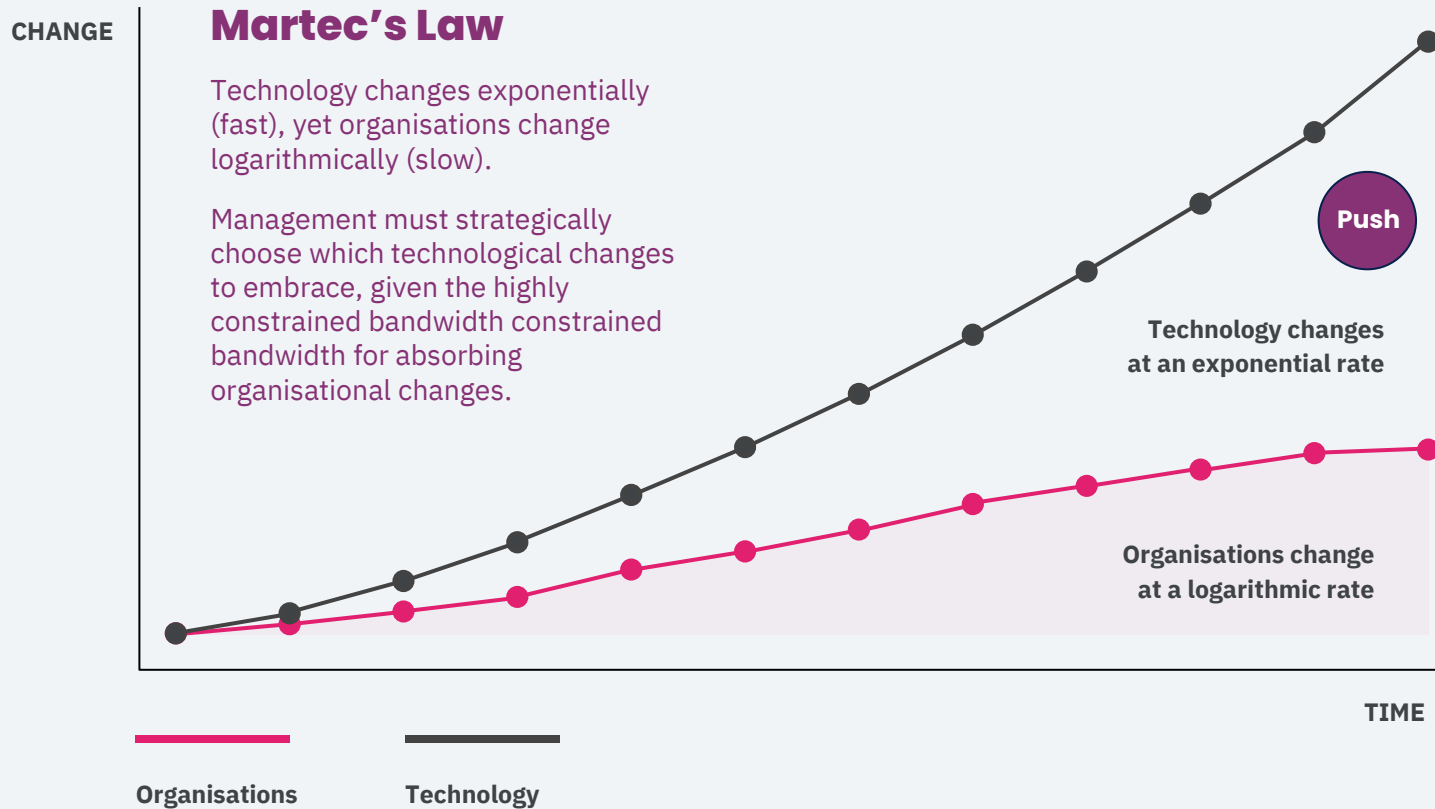
Technological developments are happening in ever faster waves. We are on the precipice of a golden age for businesses that move fast and adapt.



#PUSH4GROWTH



Rise to the Challenge of Accelerating Change



**AI HAS BEEN DISRUPTING THE
ONLINE ADVERTISING WORLD
FOR SEVERAL YEARS**

Human Skills Training

- Client Centric
- Collaboration
- Commercial Insight
- Analytical + Creative Thinking
- Performance Driven



#PUSH4GROWTH

push™

TAKE THE LEAD IN YOUR BUSINESS

A Gallup poll revealed that employees who believe their organization is adopting AI and automation technologies effectively are 3.5 times more likely to be engaged at work.

AI Survey

Behavioural Competeancy

- On a scale of 1-10 how familiar are you with AI?
- Share any thoughts you have about the emergence of use of AI in your life, workplace and society.
- Are you currently using any AI tools? If so please provide details about the tools and their use?

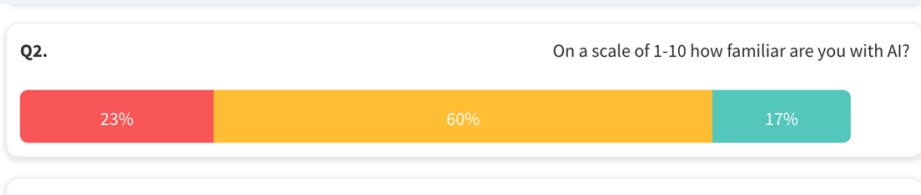
Considerations

- Segment by department
- Segment by Role
- Keep it anonymous

Drive High Engagement Rate



Key Findings



- Employees are both excited and apprehensive
- Overwhelming amount of information

What is Needed

- Pick a chatAI
- Structure to test and implement in a fun way
- More education, guidance and policy needed

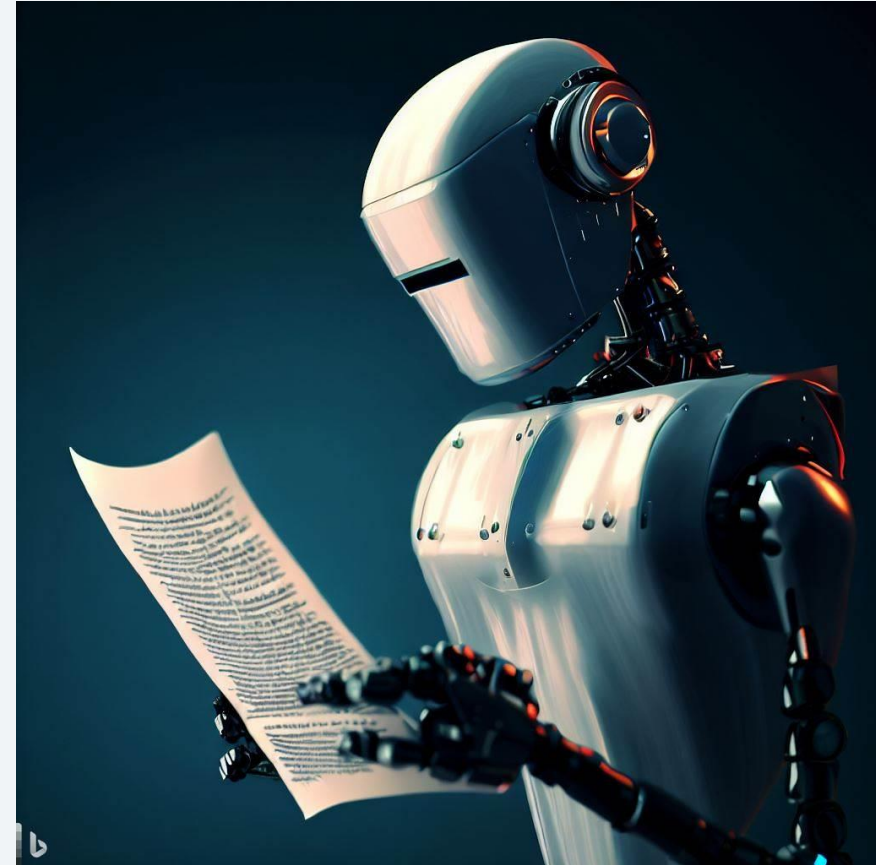


Build an AI Manifesto

- Why are you using AI in your business
- What are the outcomes for the business and staff for using it
- Key Internal and External Projects

Our Manifesto

- Driving Growth
- Responsible Implementation
- Human Centered approach



AI Usage Policy

- Respect customer confidentiality
- Anonymize Data
- Review tools for data policy
- Use company emails only
- Think before you input
- Do not use personal information
- Data Processing/Controller



"The question isn't whether AI is good or bad. The question is how do we ensure that the use of AI is aligned with the values we care about." -

Tim Cook, CEO of Apple

"The greatest benefit of AI will be to augment human capabilities, not replace them." -

Fei-Fei Li, Computer Science Professor, Co-Director of Stanford University's Human-Centered AI Institute



CHANGE IS CONSTANT
CHANGE IS NECESSARY
CHANGE IS INEVITABLE
SUFFERING IS OPTIONAL
GROWTH IS POSSIBLE



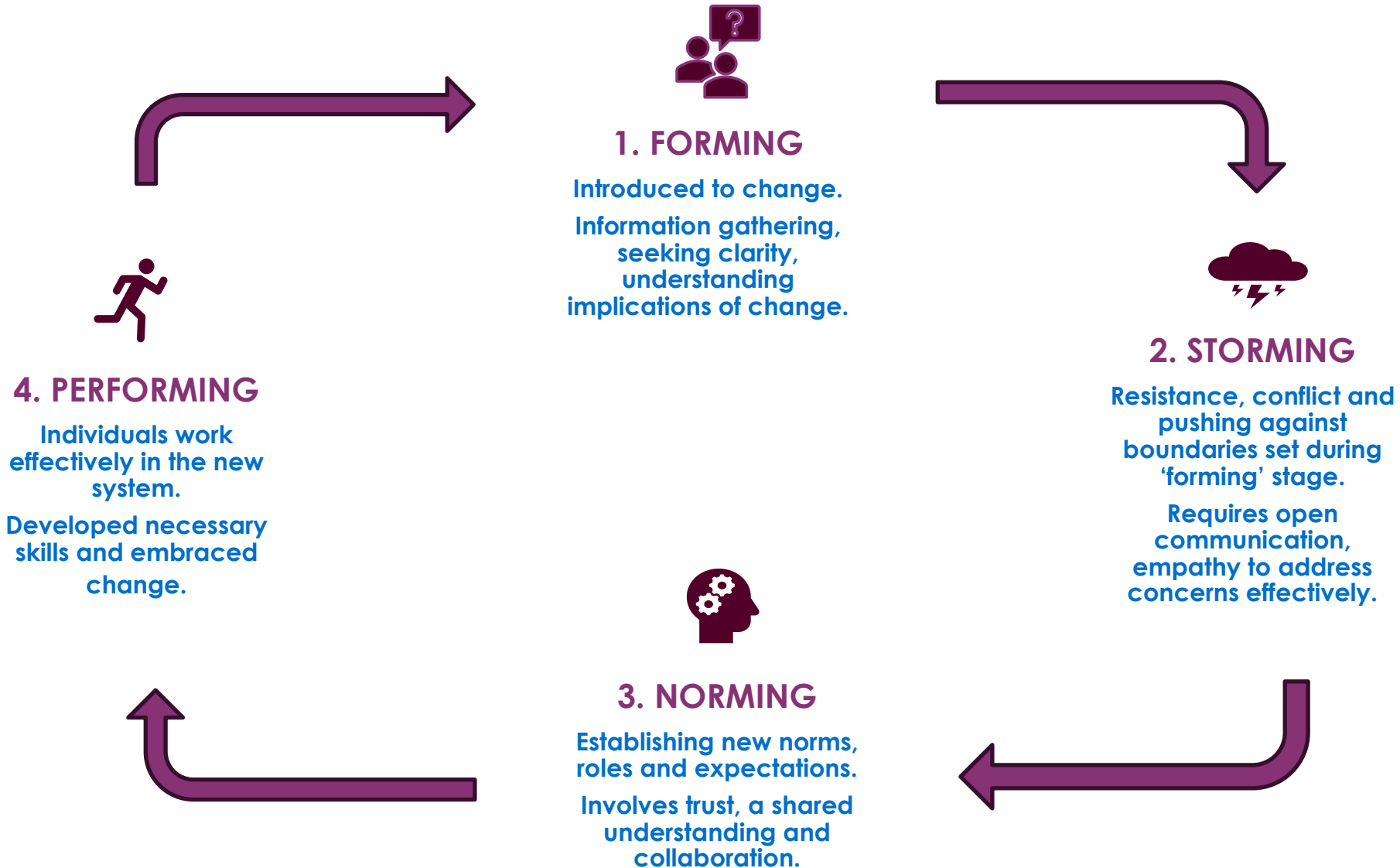
TUCKMAN'S MODEL OF CHANGE – POLL



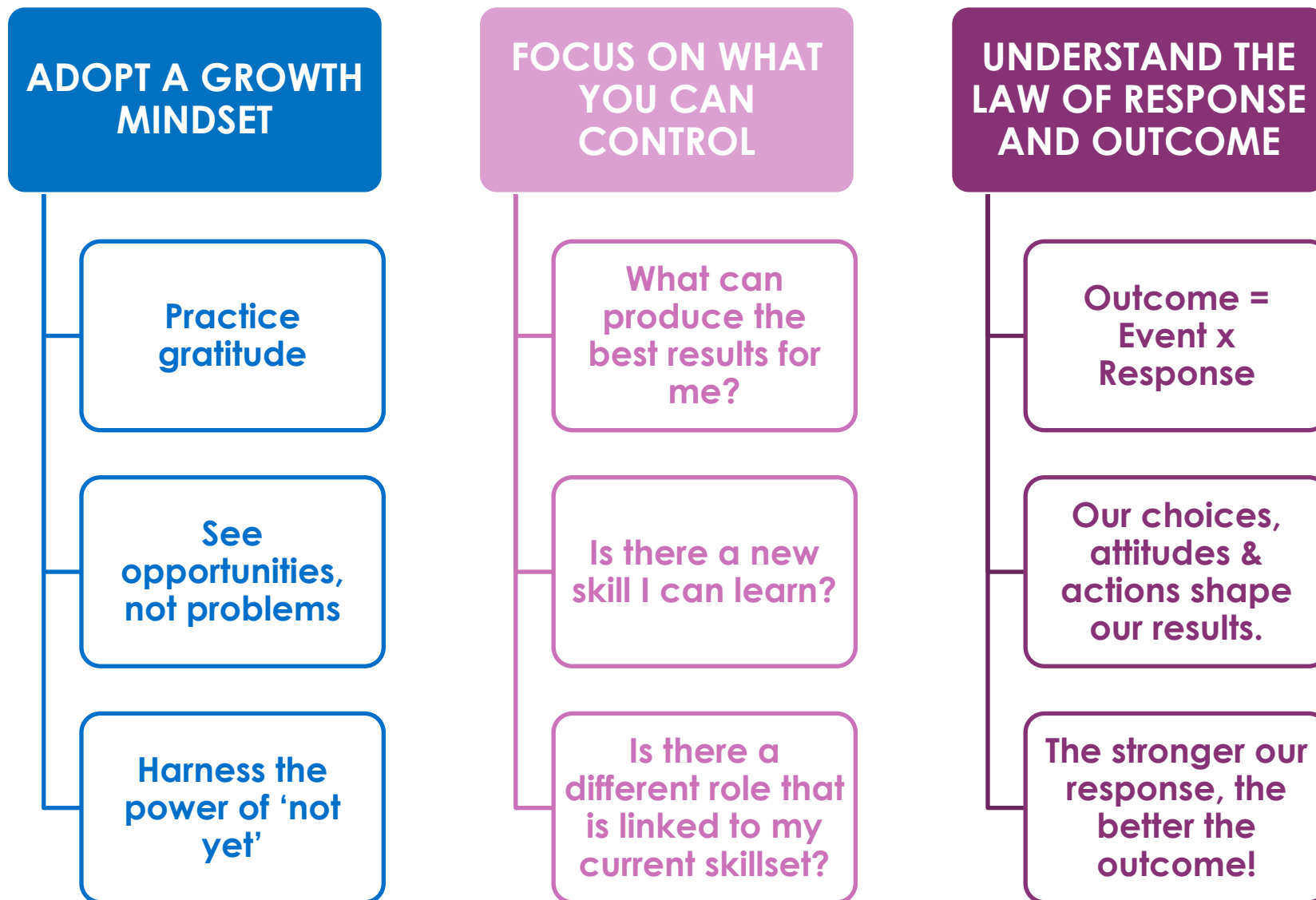
- **YES, I KNOW EXACTLY WHAT IT IS**
- **I'VE HEARD OF IT BUT I'M NOT SURE WHAT IT IS**
- **I'VE NOT HEARD OF IT BEFORE**



TUCKMAN'S MODEL OF CHANGE



STRATEGIES FOR COPING WITH CHANGE AND FOSTERING WELLBEING



HOW WE CAN HELP YOU...



CONTACT US FOR YOUR CONSULTATION

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FEEDBACK



PLEASE LET US KNOW YOUR THOUGHTS AND FEEDBACK ON THE SESSION:

<https://participantfeedback.questionpro.com>

FINAL QUESTIONS



**WHAT DO YOU NEED TO ASK BEFORE WE
END TODAY'S SESSION?**



ANSWER IN THE CHAT SECTION





We look forward to supporting your wellbeing journey



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