

Digital Skills, Personal Development

# Human Skills for the AI era

## Course Details

### Price

£235.00

### Start date

10 December 2026

### Length

Half day (09:00-13:00)

### CPD Points

4.00

## Course Overview

Organisations across Guernsey are adopting AI at speed, with people facing new critical decisions: *Should I trust this output? What if it's wrong? How do I decide differently?*

Many people freeze, not because of technical skills, but because they lack the human skills needed to work confidently with AI.

This half-day course develops the human skills needed for AI adoption: Critical Thinking, Emotional Intelligence, Strengths Awareness, and sound Decision-Making when evaluating AI. It's grounded in coaching psychology and evidence based decision-making research.

Delegates will explore these skills through scenarios, peer dialogue, and real AI agent interaction, building the confidence to act.

## Content

This course is designed for all sectors and levels, and will cover the following topics:

**Flexible learning that works for you**

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### **Critical Thinking for AI Decisions** - *Interrogating AI*

- How to ask the right questions about AI outputs
- The Ask, Anticipate, Act Framework
- Learn a three-step decision-making framework to interrogate any AI output

### **Emotional Intelligence for AI Decisions** - *Evaluating AI with Emotional Intelligence*

- Understand how to use your emotions when evaluating and acting on AI recommendations
- Recognise fear when questioning AI
- Recognise overconfidence and doubt
- Learn how to use your emotional response as valuable data

### **Strengths-Based Judgement** - *Recognising Human and AI Strengths*

- Understand what strengths contribute that AI cannot and where AI is stronger
- Identify your personal strengths relevant to your work through reflection
- Evaluate AI's strengths, such as, speed, pattern-matching, efficiency, processing data at scale, using real-world outputs
- Explore what humans do well, including noticing context, building relationships, applying ethical reasoning, and understanding nuances
- Make decisions grounded in: "What would a person with my strengths uniquely see?"

### **Confidence to Act** - *Making Decisions with Conviction*

- Learn how to move from analysis to decision with conviction
- Practice responding to an AI recommendation confidently, and how explain your decision to others. Building conviction through peer feedback and real practice

## **Benefits**

By the end of this course, delegates will be able to:

- Evaluate AI recommendations confidently
- Make faster decisions and apply emotional intelligence when facing AI decisions

- Implement AI in their role
- Support others through AI adoption

## Prerequisites

Basic familiarity with AI tools is helpful.

## Next Steps

If you would like to book a place on this course please click on the **'Book Course'** button to the right of this page and login or register for a user account to complete your booking(s). Any queries please do not hesitate to contact us via [admin@gta.gg](mailto:admin@gta.gg) or call us on 01481 224570. If no date is scheduled for this course at the present time please click on the **'Register Interest'** button and login or register for a user account so that we can add you to our course interest register. This register allows us to contact our tutors and finalise dates for a course as soon as we have a few people who have expressed their interest, so the more delegates who register their interest, the sooner we can schedule a particular course.

## Course Tutor

### Michelle Winn

Michelle works with people, teams and boards in Guernsey to help them discover what they bring at their best and build the conditions where all of it shows up. She grew up and trained in Yorkshire before moving to Guernsey, where she worked as a Mental Health Nurse before moving into leadership, coaching and organisational development — working across Guernsey, the UK and Dubai. Coming back to Guernsey, she kept seeing the same thing: extraordinary potential in people and teams that wasn't fully showing up. That gap is what she works on. Michelle holds an MSc in Applied Positive Psychology and Coaching Psychology is an EMCC Global Senior Practitioner Coach and Strengthscope® Master Practitioner. In practice she works with individuals, teams and boards who want to move from functional to genuinely high-performing. Creating the conditions where trust, alignment, collaboration, wellbeing and peak performance become the norm rather than the exception.