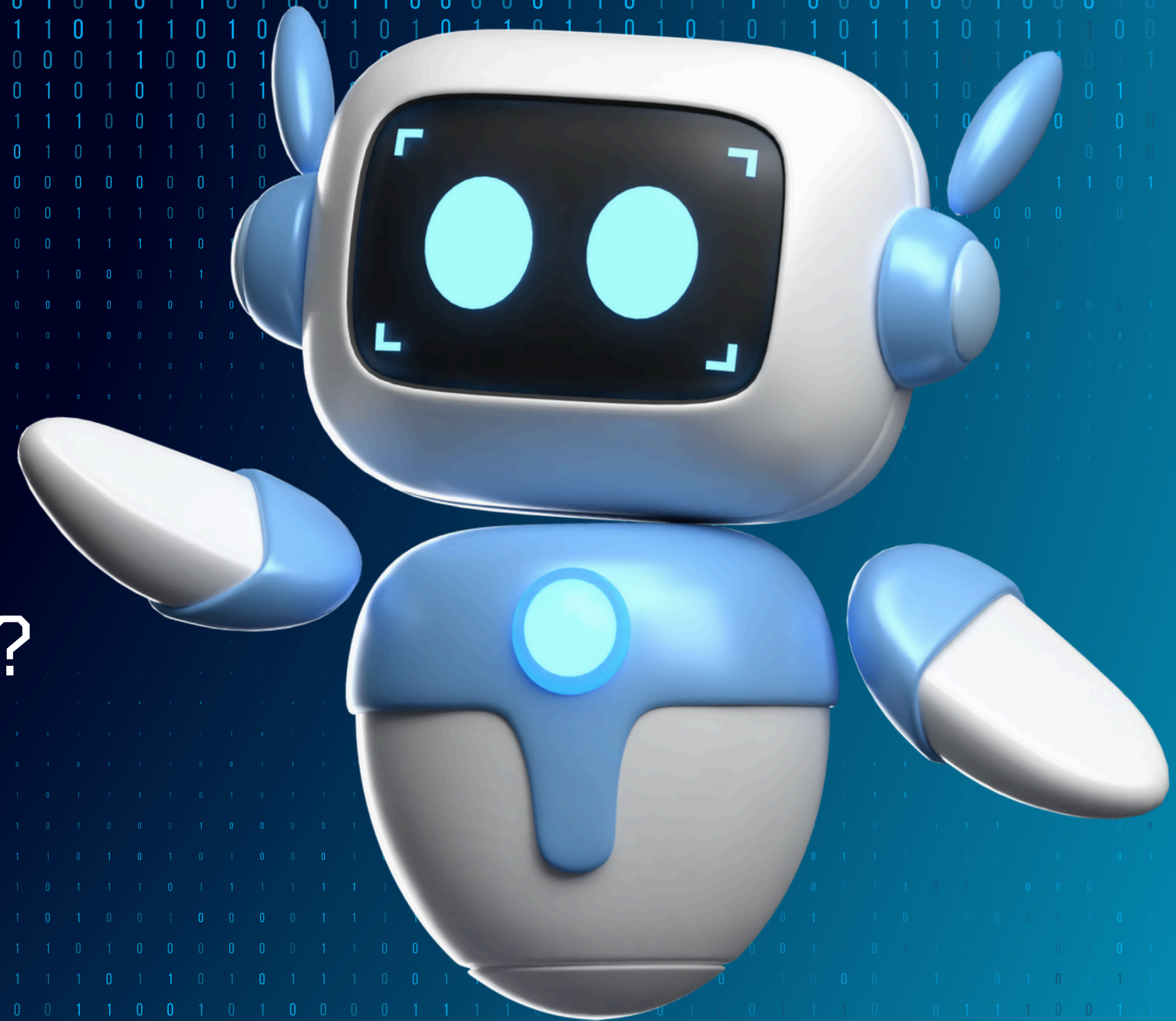


AI & Solution Focused Coaching?

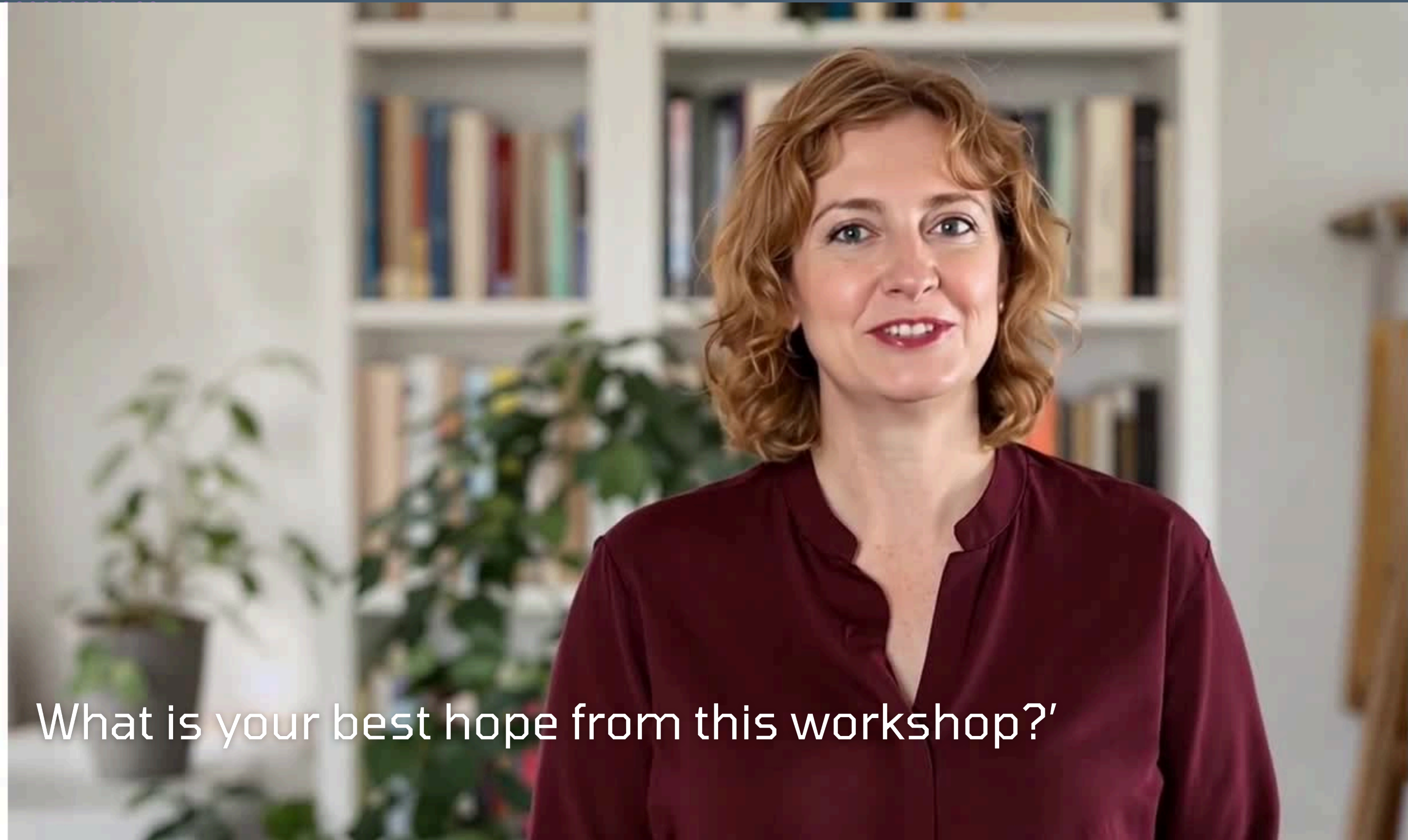


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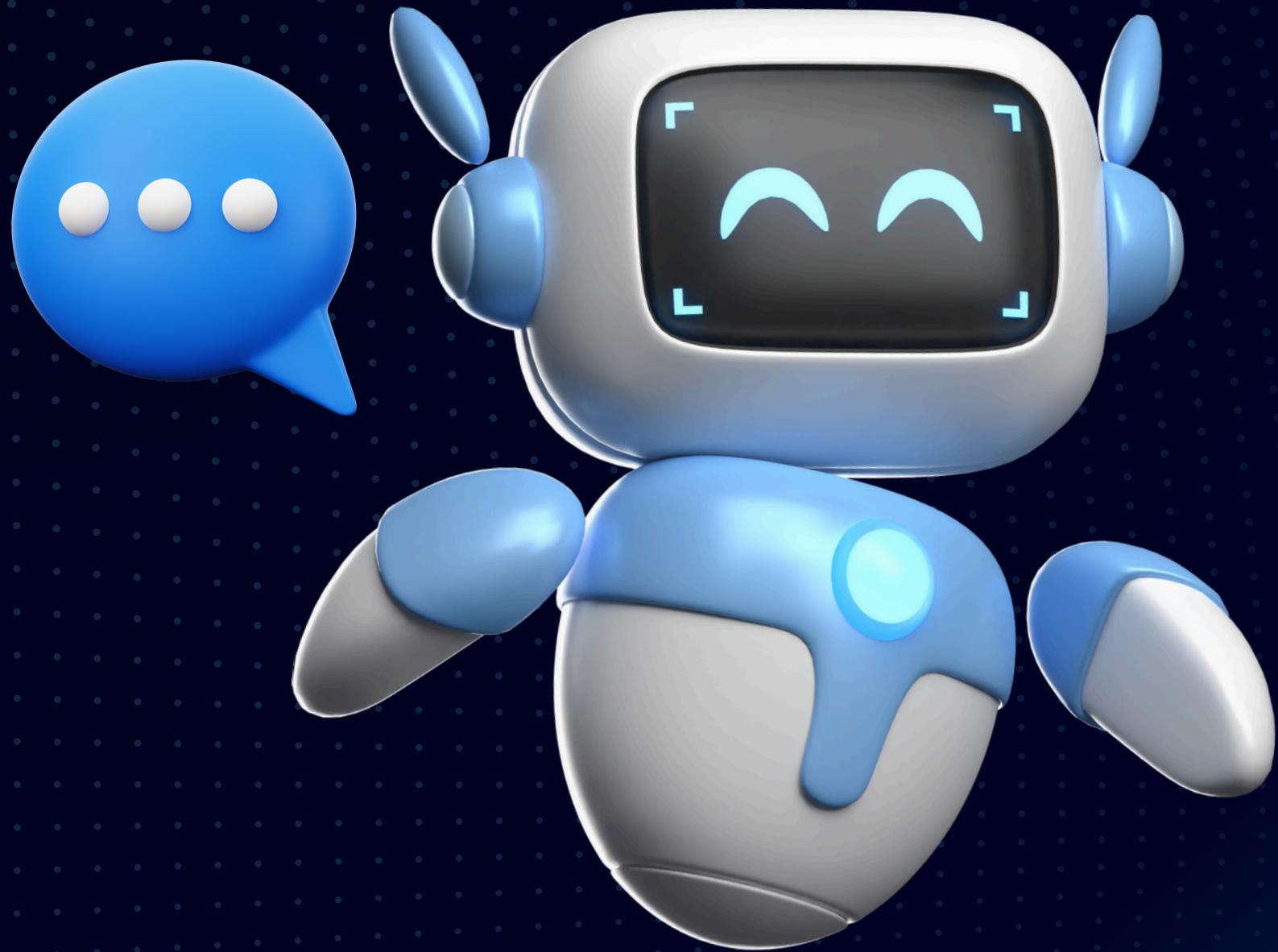
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INSORA WELCOMES YOU



What is your best hope from this workshop?

YOUR EXPERIENCE WITH AI

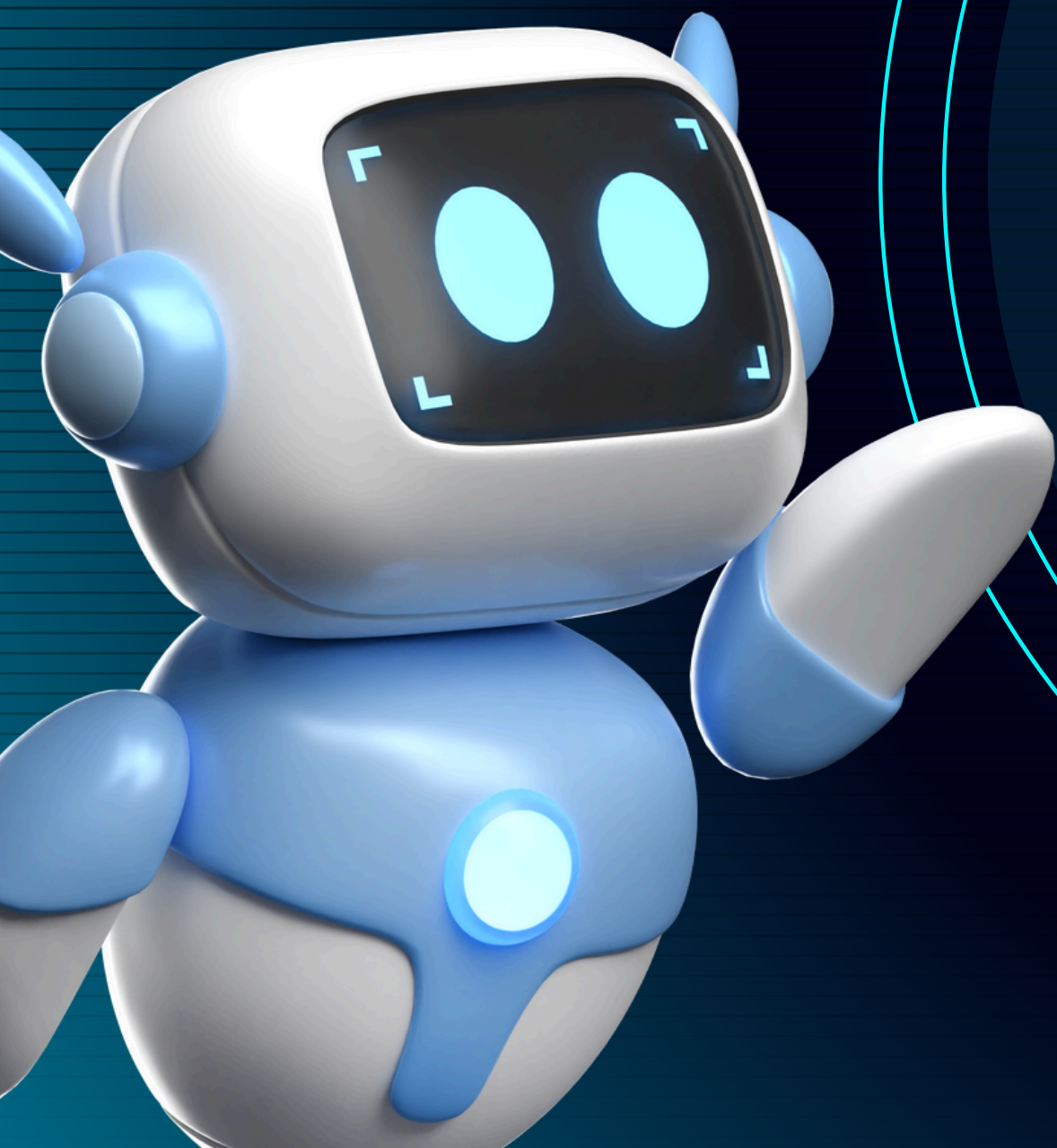


WHAT PREVIOUS EXPERIENCE (IF ANY) DO YOU HAVE WITH AI IN COACHING OR DAILY LIFE?

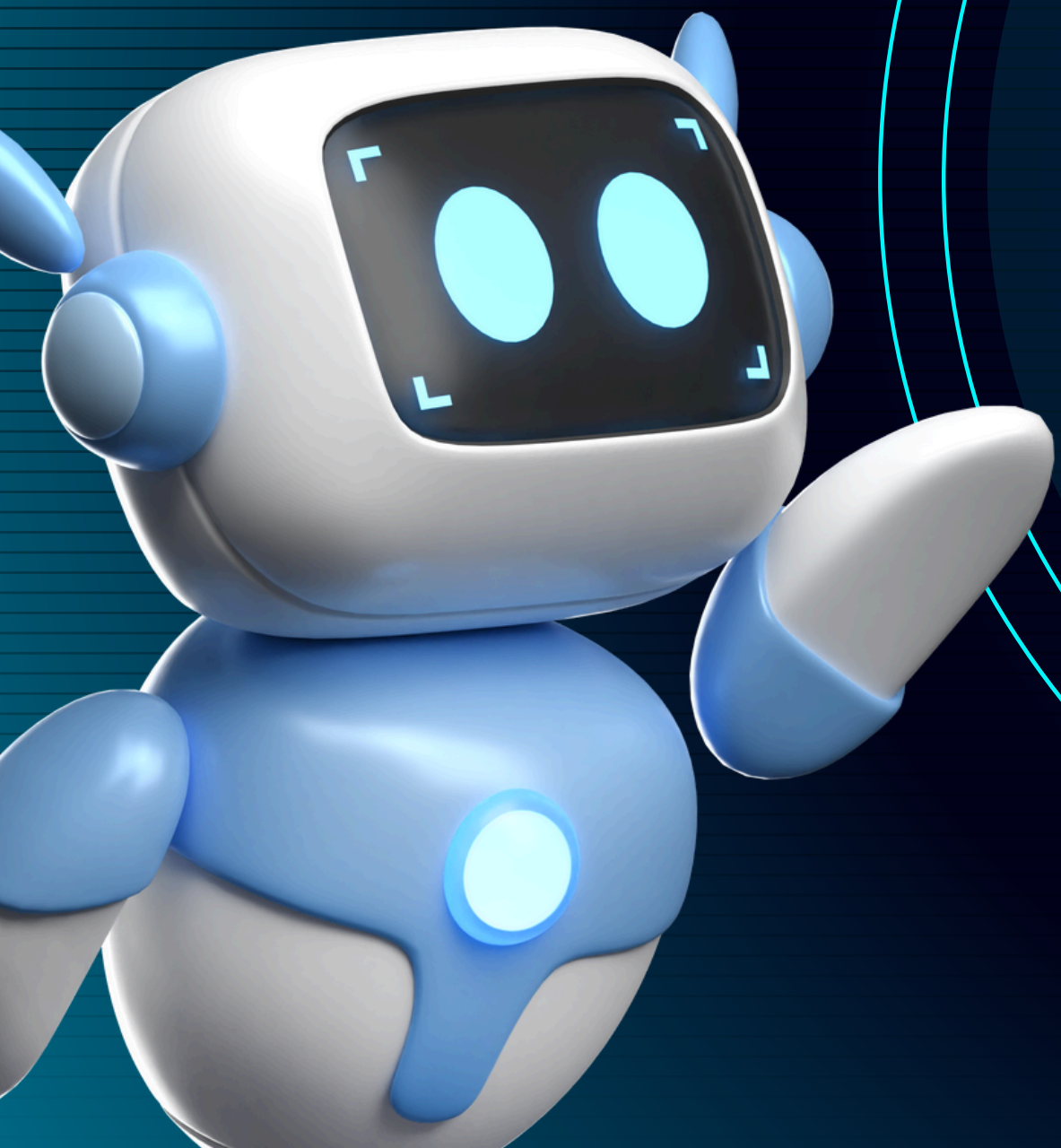
WHERE DO YOU SEE POTENTIAL FOR AI IN COACHING?

1 = No experience with AI
10 = I use AI fluently and intensively

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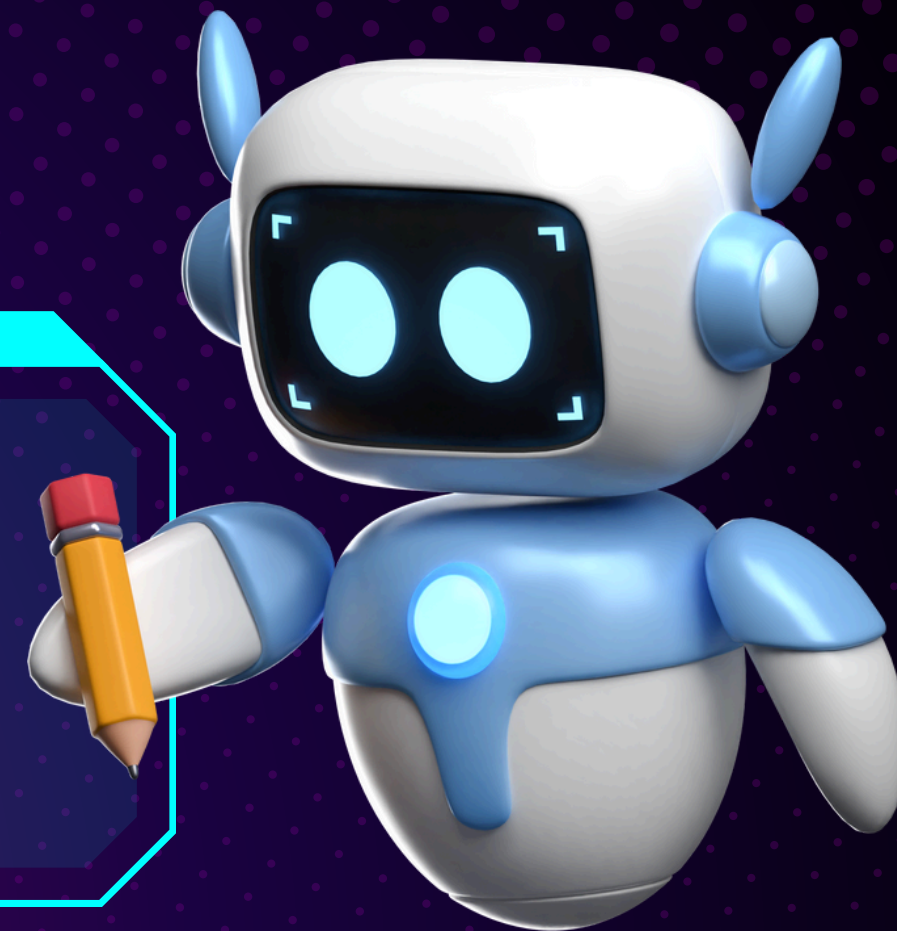


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- Explore INSORA on your own, in pairs, or small groups
- Free to choose how you engage
- One full session (about 20 minutes) + time to prepare

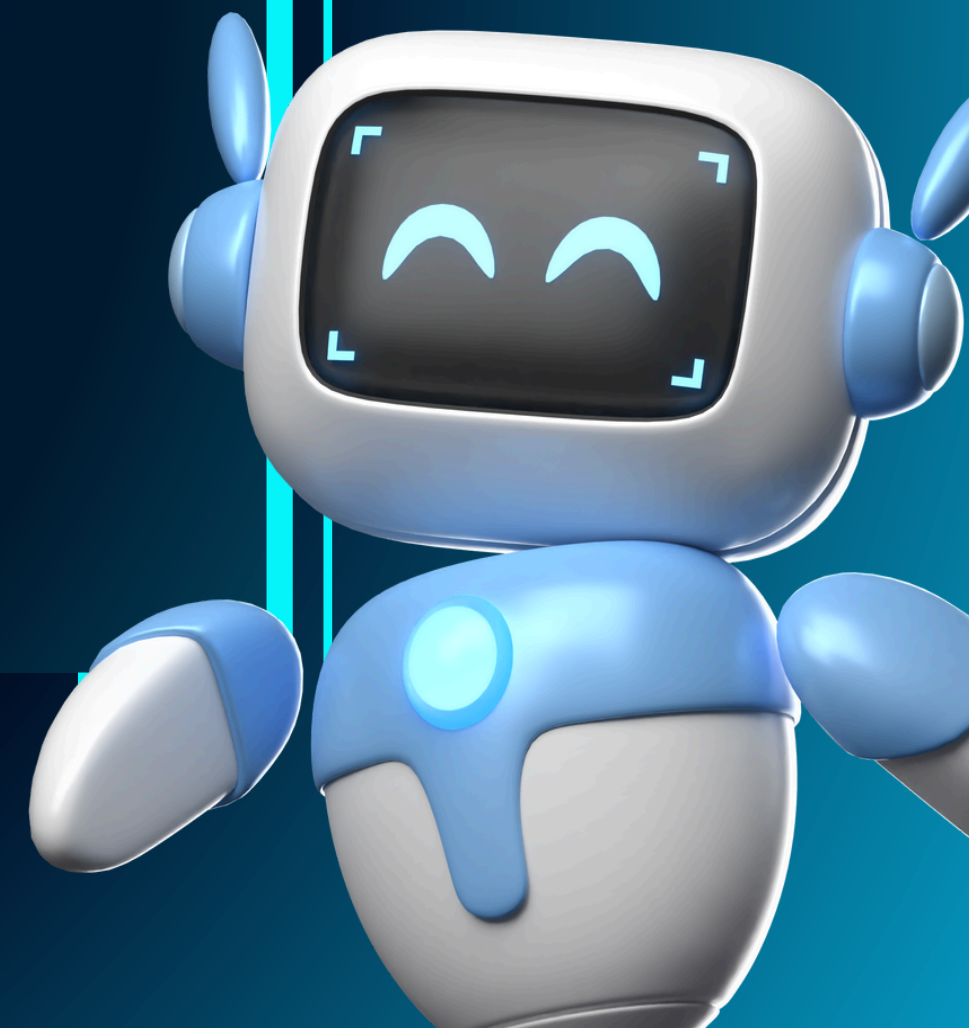


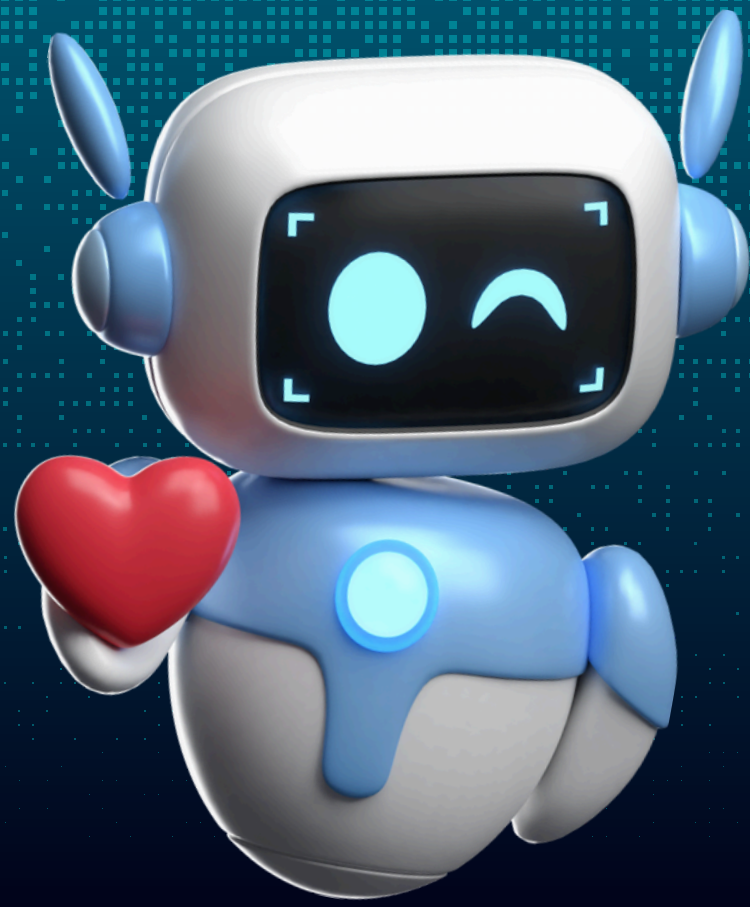
GROUP EXCHANGE

What surprised you?

What did you find helpful?

What potential do you see in it?





INSORA

Insightful **N**avigation for **S**olution-**O**riented **R**eflective **A**nswers

WHAT IS AI?

Artificial Intelligence (AI) refers to the simulation of human intelligence processes by machines, allowing them to perform tasks that typically require human cognitive functions.

AI systems can analyse data, learn from it, and make decisions or perform actions based on that data.

