

Learning Impact Statement: Participants will increase their ability to navigate uncertainty and maintain well-being, supporting both personal sustainability and adaptability at work and at home.

Skill Focus Areas:

Reframe Challenges	Stress Management & Micro-Practices
Building Emotional Awareness	Scenario-Based Adaptability Practice
Reflection & Adaptability for Resilience	Resiliency Resource Planning

REFLECTION PROMPTS:

- What challenges tend to test my resilience most at work?
- How do I usually respond when things change unexpectedly?

1. REFRAMING CHALLENGES

AI helps learners practice reframing obstacles into growth opportunities, building cognitive flexibility.

Reframing = shifting perspective to see opportunity within difficulty

AI Prompt Example: I just had a project deadline moved up unexpectedly. Help me reframe this situation positively and suggest 3 benefits or opportunities that could come from this unexpected change.

My Current Challenge	Reframed Perspective	New Opportunities Available

2. STRESS MANAGEMENT & MICRO-PRACTICES

AI provides quick, evidence-based stress management techniques learners can implement immediately (e.g. breathing exercises, micro-breaks, reflections questions).

AI Prompt Example: I have a packed day of back-to-back meetings. Suggest 3 micro-practices I can do in under 5 minutes each to reduce stress and help me regain focus.

AI Suggestions	Which Practice Will I Try This Week?

3. BUILDING EMOTIONAL AWARENESS

AI guides learners through reflection questions that can help strengthen emotional intelligence and resilience in high-pressure situations.

AI Prompt Example: Ask me 5 questions to help me identify what emotional triggers I’m experiencing after receiving unexpected critical feedback, and how I might manage them constructively.

My Emotional Triggers	Constructive Strategies

4. SCENARIO-BASED ADAPTABILITY PRACTICE

AI can simulate scenarios of unexpected change, allowing learners to practice adaptive thinking and flexibility.

AI Prompt Example: Simulate a scenario where my supervisor changes priorities mid-project. Role-play the conversation so I can practice responding constructively and help with adapting my plan.

Scenario I Practiced	My Response	Lessons Learned

5. REFLECTION & ADAPTABILITY FOR RESILIENCE

AI prompts can help learners to reflect on recent challenges, extract lessons learned, and identify adjustments for future resilience.

AI Prompt Example: Take me through a guided reflection on: what challenges did I face this week, how did I handle them, what worked and what didn't, and what can I try next time?

What Worked Well	What Didn't Work Well	Adjustments for Next Time

6. RESILIENCE RESOURCE PLANNING

AI can help learners create a personalized resiliency toolkit (strategies, supports, habits) to use during stressful times.

AI Prompt Example: Help me design a resiliency plan with 5 strategies I can use during high-stress weeks, drawing on my strengths and support resources.

My 5 Resiliency Strategies	My Key Support Resources

MY ACTION PLAN:

My Top 3 Takeaways	1 Resiliency Strategy I Will Apply Immediately	How I'll Use AI as My Ongoing Resiliency Coach