10 Ways to Use AI to Drive Impact Without Losing Your Humanity

Use these as invitations, not instructions. The value is not in running all of them. It is in choosing the right one at the right moment.

1. Use AI to prepare for conversations, not replace them

Purpose: Enter discussions grounded and informed, not scripted.

Prompt:

Review the following background information and help me prepare for a conversation with senior leaders. Summarise key themes, likely concerns, and thoughtful questions I should be ready to address, without suggesting final answers.

2. Use AI to surface patterns, not to draw conclusions

Purpose: See what is repeating before deciding what it means.

Prompt:

Analyse this set of qualitative inputs and identify recurring patterns or themes. Do not draw conclusions or recommendations. Highlight what appears consistently across sources.

3. Use AI to test assumptions before acting on them

Purpose: Slow down certainty before it hardens into action.

Prompt:

Based on the situation described, list the assumptions I may be making about the cause of this issue. Offer alternative explanations to explore before deciding on a solution.

4. Use AI to create realistic practice scenarios grounded in real work

Purpose: Make practice feel closer to reality, not theory.

Prompt:

Create realistic leadership scenarios based on the following context. Each scenario should reflect real pressures, competing priorities, and ambiguity that leaders commonly face, rather than ideal conditions.

5. Use AI to synthesise feedback at scale without losing nuance

Purpose: Reduce overload without flattening meaning.

Prompt:

Summarise the key themes from this feedback while preserving differences in tone, perspective, and emphasis. Highlight where views align and where they meaningfully diverge.

6. Use AI to support reflection, not to rush decisions

Purpose: Create space to think, not pressure to act.

Prompt:

Based on the information provided, suggest reflective questions I should consider before making any decisions. Focus on implications, risks, and second-order effects rather than solutions.

7. Use AI to explore alternatives when clarity is missing

Purpose: Expand options without committing too early.

Prompt:

Given the desired outcome and current constraints, outline several possible approaches to explore. Do not recommend a single best option; present trade-offs and uncertainties for each.

8. Use AI to reduce noise so insight can stand out

Purpose: Separate signal from distraction.

Prompt:

From this data set, identify which inputs are most relevant to the stated outcome and which may be contributing noise. Explain why certain information deserves more attention than others.

9. Use AI to strengthen alignment habits, not bypass them

Purpose: Reinforce disciplined thinking rather than shortcut it.

Prompt:

Using the Alignment Blueprint as a lens, help me check whether this initiative is clearly defined, properly diagnosed, realistically designed, thoughtfully delivered, and responsibly demonstrated. Highlight any gaps that need attention.

10. Use AI as a thinking partner while retaining final judgment

Purpose: Improve reasoning, not outsource responsibility.

Prompt:

Engage with this problem as a thinking partner. Ask me clarifying questions, challenge weak logic, and surface considerations I may be overlooking, without making decisions on my behalf.

A final pause

If any use of AI makes you less curious, less empathetic, or less thoughtful, pause. That reaction is information. It tells you alignment may be slipping.

AI should leave you better prepared, not less present. More reflective, not more reactive. Used this way, it strengthens your humanity rather than competes with it.