

SERVICE · ONE-ON-ONE

Professional AI Coaching

Applied Skill Development and Leadership Growth

Workshops build skill. Coaching builds judgment. These subscription-based, one-on-one engagements work with professionals over time to recognize AI integration opportunities in their own workflows, navigate the ethical and operational questions that surface in daily use, and build confidence to decide independently.

<u>FORMAT</u>	<u>CADENCE</u>	<u>ENROLLMENT</u>	<u>BUILT FOR</u>
One on one, virtual	Monthly or bi-weekly	Per participant	Managers & leaders

THE PROBLEMS COACHING ADDRESS

Most professionals understand what AI can do in the abstract. The gap opens when they try to apply it to their own work.

1. Potential without use cases

People grasp what AI is capable of but cannot name a single task in their own role where it would genuinely help.

Symptom: enthusiasm that never converts into a changed workflow.

2. Risk they cannot evaluate

Uncertainty about accuracy, confidentiality, and disclosure leads people to either avoid AI entirely or use it without checking.

Symptom: no shared answer to when AI use should be disclosed.

3. Training that cannot personalize

Group instruction cannot address one person's role, their organizational politics, or the ethical gray areas specific to their work.

Symptom: strong workshop feedback, no behavior change.

4. Adoption that stalls quietly

Without sustained support, early momentum fades and AI use stays shallow rather than becoming part of how someone works.

Symptom: usage peaks the week after training, then declines.

WHAT COACHING BUILDS

- **Genuine confidence.** Built through guided discovery rather than prescribed answers, so it holds up under pressure.
- **Independent judgment.** The capacity to navigate AI decisions after coaching ends, not a dependence on the coach.
- **Role-specific clarity.** Concrete identification of where AI belongs in this person's actual work, and where it does not.
- **Responsible decision-making.** Ethical reasoning applied to the real gray areas the participant encounters.
- **Influence over adoption.** The ability to lead or shape how a team takes on AI, not just use it personally.
- **Psychological safety.** A place to explore uncertainty and admit confusion without fear of judgment.

HOW AN ENGAGEMENT RUNS

1. ASSESS

An intake conversation establishes the participant's role, goals, and current comfort level with AI.

2. ENGAGE

Regular sessions work real challenges through guided reflection, building independent judgment rather than supplying answers.

3. APPLY

Between sessions, participants apply insights to actual work with lightweight accountability.

4. EVOLVE

Coaching shifts from exploration to refinement as confidence grows and the work gets harder.



THE TWO COACHING TRACKS

Two cadences, matched to how quickly the participant needs to move and how much weight their AI decisions carry. Both are subscription-based and both include asynchronous support between sessions.

MONTHLY INSIGHT TRACK

1 HOUR PER MONTH · 1 × 60 MIN

Structured, reflective support for building confidence and sound judgment. The emphasis is thoughtful adoption, not speed.

Intended for. Managers early in AI adoption, emerging leaders, and professionals who want to build AI intuition without feeling rushed or navigating it alongside other leadership responsibilities.

Session focus. Conversational and exploratory, using Motivational Interviewing and Socratic questioning to surface insights, clarify ethical considerations, and identify realistic integration opportunities.

Also includes. Guided identification of use cases relevant to daily work, ethical reasoning frameworks, high-level implementation and change-management thinking, and structured reflection worksheets.

BI-WEEKLY INTEGRATION TRACK

2 HOURS PER MONTH · 2 × 60 MIN

Higher-touch, faster-paced support for leaders actively guiding adoption. The focus is accelerating confidence, clarity, and leadership effectiveness.

Intended for. Leaders guiding AI adoption: managers, team leads, and senior contributors translating AI potential into operational reality, where decisions carry organizational, ethical, or political weight.

Session focus. Beyond exploration into applied strategy, iteration, and problem-solving as AI becomes embedded in real workflows and team dynamics.

Also includes. Deep exploration of role-specific opportunities and constraints, ethical reasoning applied to real organizational scenarios, and implementation and change-management planning.

HOW COACHING ENGAGEMENTS ARE STRUCTURED

Coaching is **subscription-based only**. There are **no one-off sessions**. Enrollment is per participant with a three-month minimum, which is the shortest window in which development can be observed rather than assumed. Sessions are conducted virtually by video conference. Every engagement includes asynchronous support between sessions for the moments when a use case or question comes up unexpectedly. Participants may move between tracks as their responsibilities change.

WHY THE JONESI CONSULTANCY

Workshops build skill. **Coaching builds judgment.** Our clinical training in Motivational Interviewing means the work is guided rather than prescriptive. Participants surface their own insights with the coach's support, which is how durable change happens. They leave not just knowing how to use AI, but trusting their own ability to figure it out when the situation is new.

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