SELF-COACHING WITH AI: DEVELOPING THINKING SKILLS, THINKING DISPOSITIONS, AND WELL-BEING

Names of people submitting the proposal:

- Isla Reddin, Co-Founder, Director of Partnerships at PocketConfidant AI

- Olivier Malafronte, Founder, CEO at PocketConfidant AI

- Roy van den Brink-Budgen, Director at if…then Ltd.

PocketConfidant AI is a disruptive startup built by entrepreneurs with passion in linguistics, R&D, learning, and societal change. It has expertise in Lean Startup, Computational Neuroscience, Education, Coaching and Psychology, Machine Learning, Natural Language Processing, and Critical Thinking.

This workshop will provide reflection and solutions to several of the ICOT18's BIG questions, and will share our research in alignment to the below issues:

- What are the essential life-skills for success in school and in life, now and in the emerging future?
- What are the implications of the digital-age in our thinking process, problem finding and problem solving?
- How should we prepare and equip students for jobs that do not exist now?
- What practical strategies are you using to prepare creative and innovative citizens to solve current and future global issues?

Being motivated b**y** the need to address the challenges of our Volatile Uncertain Complex Ambiguous world, we strive to create tools to improve people's lives and help them become more resilient, resourceful, self-confidant, and successful.

In a digital world, we must understand how to efficiently connect to digital systems. Connecting "with AI" doesn't mean spending more time on digital devices, but spending time in a deliberate way with purpose and intentional learning outcomes.

Edward D. Hess (University of Virginia) has argued that: *"The new smart will be determined not by what or how you know but by the quality of your thinking, listening, relating, collaborating, and learning. Quantity is replaced by quality."* These are essential life-skills that need to be taught in school and in life, now and in the emerging future. As a society, we want to see graduates with emotional intelligence and reflective skills in order to address global economic and social issues. As for jobs that do not exist now, the only way to equip students is to provide them with self-confidence and critical thinking skills to create the job they want and believe in.

As a practical strategy, AI can be used to prepare creative and innovative citizens to help to solve these current and future global issues. Our aim is to facilitate individual private conversations through well-thought-out and ethical technologies, following a recognized coaching and psychological framework, to help people develop self-reflective and critical thinking skills to address daily life challenges and transitions. This workshop will first use our research on critical thinking to engage the audience in experimenting with the different theories. Second, by sharing our technological research and by offering real-time testing of a new technology, the workshop will take the audience on a reflective journey where we'll have the audience highlighting differences and challenges that emerge when moving research to action. Finally, the workshop will build take-aways for everyone to leave with new perspectives.