

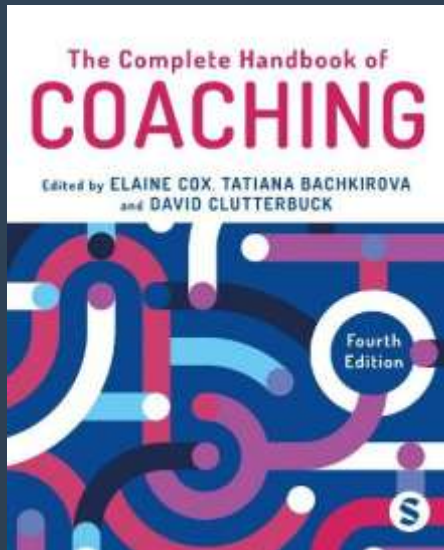
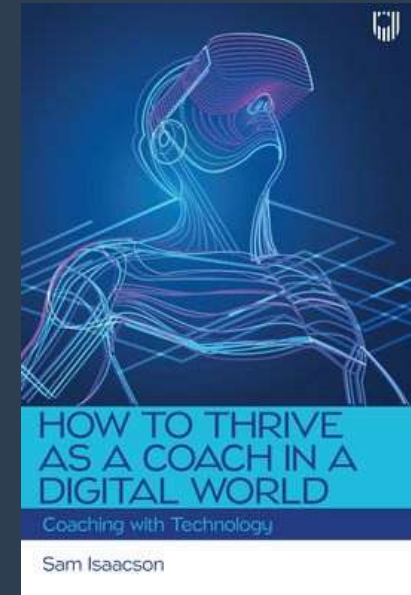
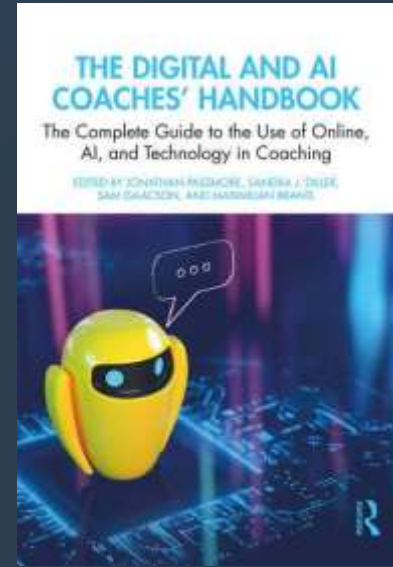
Making the most of your time with AI

NHS Elect

22 November 2024

Sam Isaacson

Who am I today?



“

AI won't take anyone's jobs.

People who use AI will take the jobs of those who don't.

”

True or false?



Four benefits of AI in coaching



Half-price
coaching!



Demonstrate
tangible impact



Guarantee
compliance and
consistency



Massively
increase scale

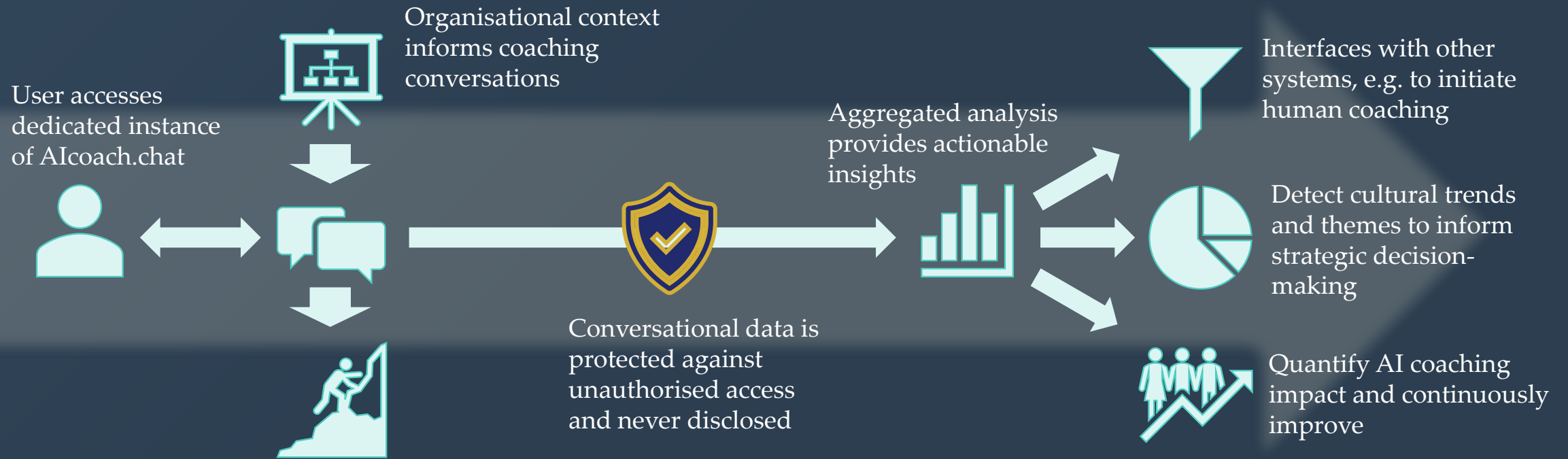


AI coaching with NHS Elect

AIcoach.chat



Setting the scene: Alcoach.chat



Alcoach.chat automatically identifies goals, actions and moments of insight to celebrate success and offer accountability



Goal attainment



Average difficulty was 3.4 out of 4



Average progress towards achieving goals before AI coaching was 52%



Goal attainment



Average difficulty was 3.4 out of 4



Average progress towards achieving goals after AI coaching was 64%



Self-efficacy



Before AI coaching...



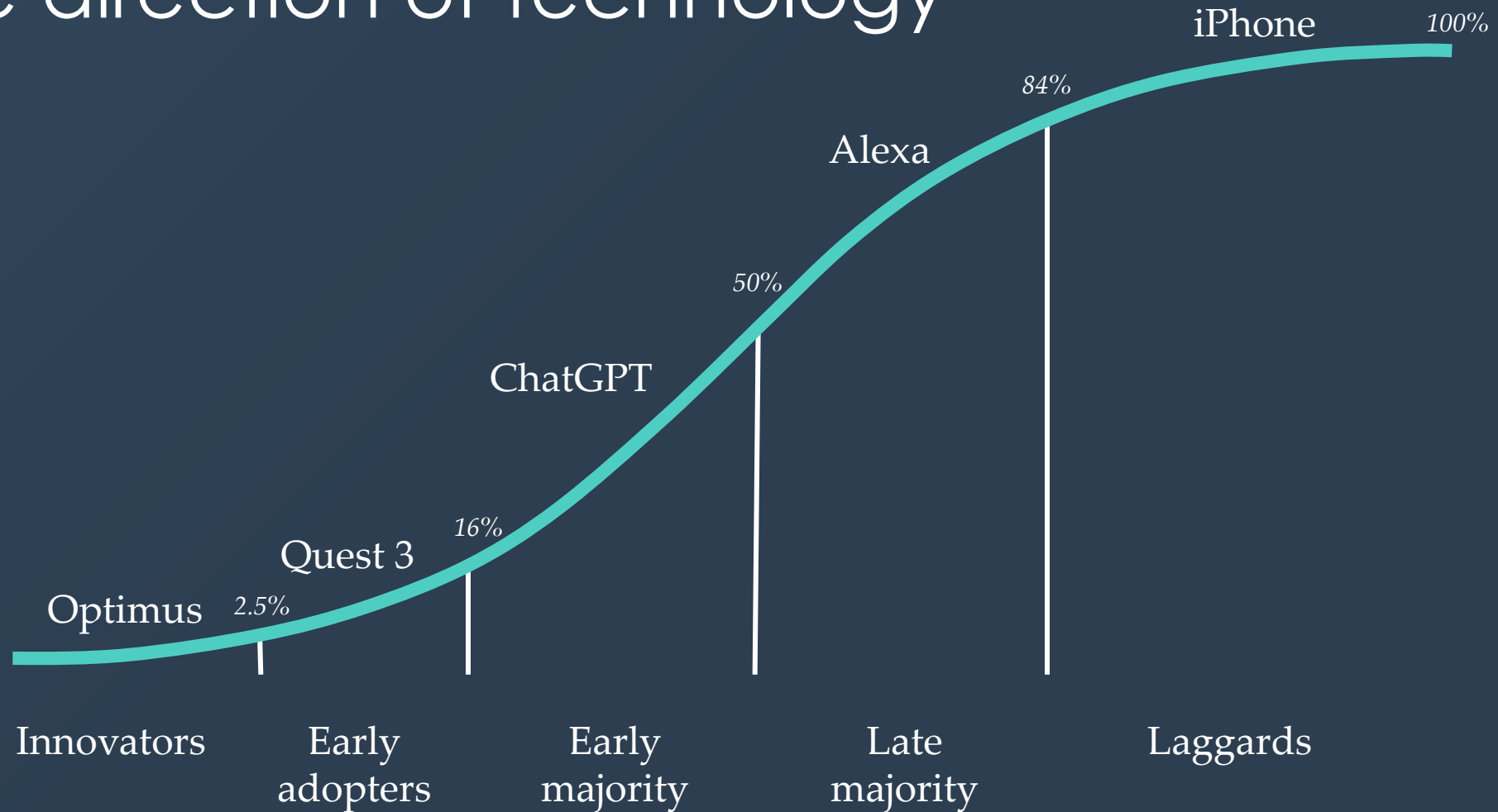
Self-efficacy



After AI coaching...



The direction of technology



Prompt engineering 101

- An eager-to-please teenage nerd
- **Role-Context-Task-Format**
- Know where your data is going
- Know what it doesn't know

“You are an expert digital marketer with a specialism in creating written content for LinkedIn. You are working with an independent coach whose focus areas lie in systemic awareness, clean language and leaving a lasting legacy. Write a 100-word LinkedIn post designed to enthuse people to book a discovery session. Write in British English and do not use emojis or exclamation marks.”



Demo

How to create a virtual intern

Thank you

The information contained in this document is copyright © 2024 Coachtech Ltd and is privileged only to its original recipients. This document is confidential and may contain proprietary information, and such should not be shared more widely without explicit permission. It is provided for general advisory purposes only; the recipient assumes full responsibility and risk of loss if any action is taken or not taken based on this document or any work relating to it. Coachtech Ltd disclaims all liability stemming from the recipient's use of or reliance on this report.