Calabash
AI TRAINING

AI Essentials

A practical half-day introduction to AI



AI ESSENTIALS

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A practical half-day introduction to AI

Understand AI - Use it with confidence - Find better ways to work.

AI is changing the way we work, but knowing that AI matters is very different from knowing how to use it effectively.

HALF-DAY

Focused, practical introduction delivered online or face to face

NON-TECHNICAL

Designed for everyday knowledge work

DEMONSTRATION

Demonstrations and examples

LEARNER OBJECTIVE

"I understand how AI works at a practical level and can immediately begin using it more effectively in my everyday work."

AI Essentials delivers a clear, practical foundation in AI

Participants learn what modern AI can and cannot do — in practical terms — so they can use it intelligently rather than simply experiment with it.

01 **Clear, practical mental model of what AI is capable of.**

02 **How to brief AI effectively.**

03 **How to use AI to think and communicate more effectively.**

04 **Applying AI to your own work.**

From AI curiosity to confident use

The session gives employees enough understanding to start using AI productively — while recognising where human judgement remains essential.

AI Essentials is the starting point in the Calabash learning journey — creating the foundation for deeper practical AI capability.

Learning Outcomes

BY THE END, PARTICIPANTS WILL BE ABLE TO...

1. EXPLAIN AI SIMPLY	Describe what modern AI is, what it is good at and where its limitations lie.
2. USE AI MORE INTELLIGENTLY	Approach AI with clearer expectations and better judgement.
3.RECOGNISE UNRELIABLE OUTPUTS	Understand why AI can be wrong, inconsistent or misleading.
4. SPOT OPPORTUNITIES	Recognise tasks in their own work where AI could help.

ILLUSTRATIVE AGENDA

Briefing & steering AI
Learn how to set a clear objective, provide useful context and steer AI towards a stronger result.

Use AI to develop thinking & solve business problems
Use AI as a thinking partner to explore assumptions, generate options and structure business problems without outsourcing the final judgement.

Use AI to communicate more effectively
Turn ideas and source material into clearer, audience-appropriate communication.

Apply AI to your work
Identify useful workplace applications and leave with practical next steps for using AI responsibly.

PRACTICAL BY DESIGN

Participants don't simply learn about AI — they apply it.

UNDERSTAND

Understand the fundamentals of AI and start using it effectively

DEMONSTRATE

See AI in action through practical examples

APPLY

See how to connect learning to everyday work

CONTACT:

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INVESTMENT:

£450 per participant

Contact us for bespoke packages

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Calabash
AI TRAINING

Are you ready to put AI to work?

Get in touch:

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