



# Adaptability, Resilience, and AI

## Syllabus

This course helps learners move from uncertainty or avoidance around AI to greater confidence and values-aligned action. Through practical reflection exercises, real-world leader perspectives, and science-backed strategies, participants will build the mindset needed to engage with AI in ways that support both their personal growth and professional goals.

| Modules  |                       | Expert Insights                                                                                                                                                                                                                                                                                                         | Takeaways                                                                                                                                                                                                                  | Key Exercises                                                                                                                                                                                         |
|----------|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Module 1 | Introduction          | <ul style="list-style-type: none"><li>Throughout the course, you will gain real-world perspective from industry leaders navigating the opportunities, challenges, and mindset shifts of the AI revolution.</li><li>Featured experts include Julie Law, CPO at Rocket Software, and Ketelyn Jesus, CFO at IBM.</li></ul> | <ul style="list-style-type: none"><li>Understand what adaptability means in the age of AI and why it matters for your work, mindset, and future growth.</li></ul>                                                          | <ul style="list-style-type: none"><li>Define adaptability.</li><li>Identify your own current comfort level with AI.</li></ul>                                                                         |
| Module 2 | Observe the TEB Cycle |                                                                                                                                                                                                                                                                                                                         | <ul style="list-style-type: none"><li>Discover how your thoughts, emotions, and behaviors shape the way you respond to AI-driven change, and begin identifying patterns that may be helping or holding you back.</li></ul> | <ul style="list-style-type: none"><li>Observe your own TEB Cycle.</li><li>Identify your avoidance style(s).</li></ul>                                                                                 |
| Module 3 | Shift                 |                                                                                                                                                                                                                                                                                                                         | <ul style="list-style-type: none"><li>Learn how to interrupt unhelpful thought patterns and replace them with more balanced, productive ways of thinking about AI.</li></ul>                                               | <ul style="list-style-type: none"><li>Identify unhelpful thoughts about AI that keep you stuck.</li><li>Practice the Shift strategy by generating a new, balanced thought around.</li></ul>           |
| Module 4 | Approach              |                                                                                                                                                                                                                                                                                                                         | <ul style="list-style-type: none"><li>Move from avoidance to action by identifying your personal “hot buttons” and creating a practical plan to engage with AI more confidently.</li></ul>                                 | <ul style="list-style-type: none"><li>Identify “hot buttons” and situations where you are likely to avoid AI.</li><li>Create an opposite-action plan to approach AI instead of avoiding it.</li></ul> |
| Module 5 | Align                 |                                                                                                                                                                                                                                                                                                                         | <ul style="list-style-type: none"><li>Build a values-based approach to using AI so that your next steps feel intentional, ethical, and aligned with what matters most to you.</li></ul>                                    | <ul style="list-style-type: none"><li>Identify core personal and professional values.</li><li>Align your AI usage with those values.</li></ul>                                                        |

**Learning requirements:** In order to earn a Microcredential from Harvard Online, participants must thoughtfully complete all 5 modules, including satisfactory completion of the associated quizzes, by stated deadlines.