

The poster features a background image of a San Diego skyline at sunset, with palm trees in the foreground. The image is divided into three diagonal color sections: dark blue on the left, teal in the middle, and yellow on the right. The text is overlaid on these sections.

ICF CONVERGE

OCTOBER 23-25, 2025 • SAN DIEGO

**I'M NOT A ROBOT:
HOW TO HUMAN BETTER IN AN AI WORLD
Carrie Spaulding, PCC**

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I'm thrilled to offer you this resource to help you practice and deepen what you learned in our time together! Before you jump in, here are a few things to keep in mind as you go:

❖ **Share your experience and stay in touch.**

I love to hear your stories of how you're applying my ideas—and what the impact is. If you have experiences, stories, and wins to share, don't hesitate to reach out.

❖ **Respect printing, sharing, and copyright rules.**

What I've shared with you in this program is an important part of my life's work! I want to offer you clear guidelines for its use. As a Converge attendee, you are welcome to print one copy of these slides for your own use. **No part of these slides, including images or text, in whole or in part, may be otherwise copied, modified, reused, shared, published, or distributed, by hard copy or virtually, without personalized written permission from me, Carrie Spaulding.** If you share your experience and/or my ideas (online or offline), please be sure to share my name (and tag me/link to me, if online).

Thank you for respecting my work.

❖ **Let me know how I can further support you.**

If you would like my help in going deeper with these ideas, putting them into practice, bringing them to your organization, or developing the competencies and infrastructure to venture boldly forward, I'll be delighted to hear from you. You'll find my contact information on the last page.

Carrie

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human



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VERIFY

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HOW TO HUMAN BETTER IN AN AI WORLD

Carrie Spaulding, PCC

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Welp, this is where I am.

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I signed up for this.

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IMPROVISER

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**First Rule of
Improv:**

Say yes.

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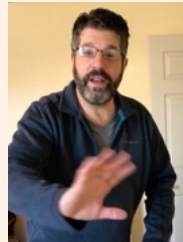
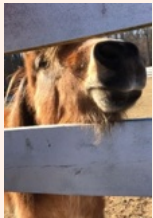
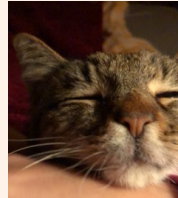
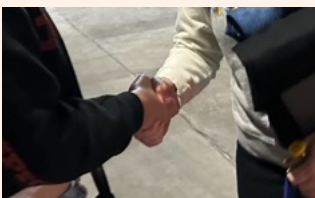
Offers



- Verbal / Sonic
(*sound*)
- Physical
(*sight, smell, taste, touch*)
- Energetic
(*sense, gut*)

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ICF CONVERGE Offers from Others



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ICF CONVERGE Offers from the Environment



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Offers from Ourselves



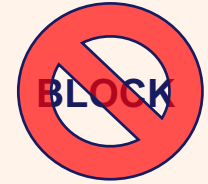
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ACCEPT

“Yes, And”



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We're at
Converge!



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ICF CONVERGE ACCEPT
+
SURRENDER TO
+
MAKE ROOM FOR
+
EMBRACE
THE WHOLE (current) REALITY

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**I AM ALWAYS
HERE.**

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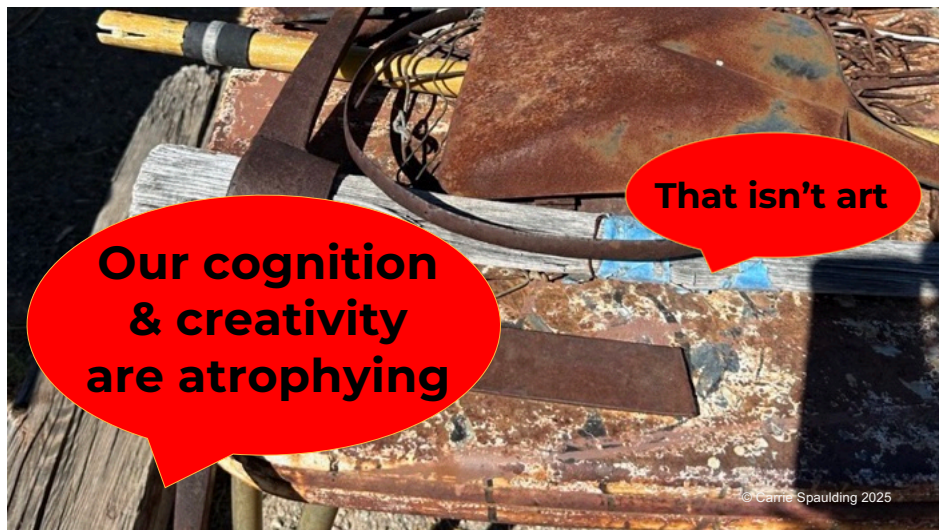
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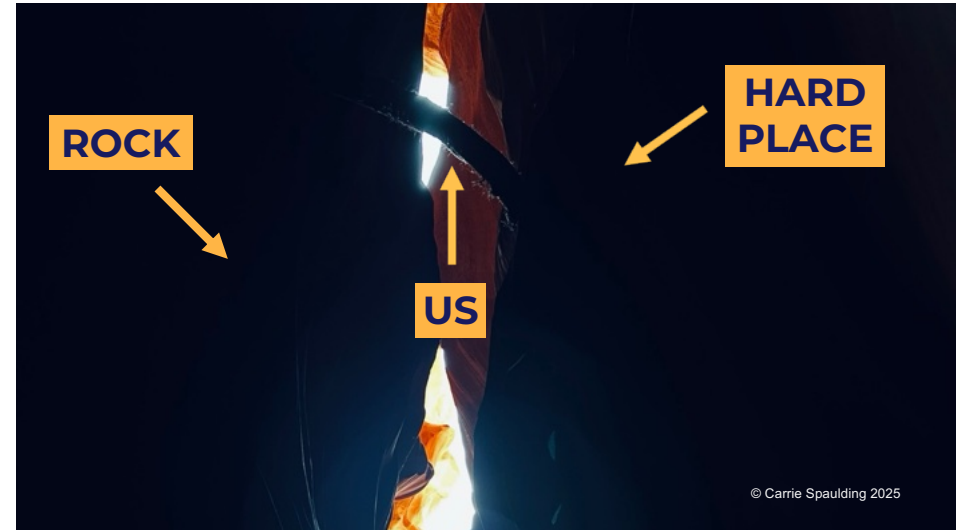
**I AM ALWAYS
ALREADY
HERE.**

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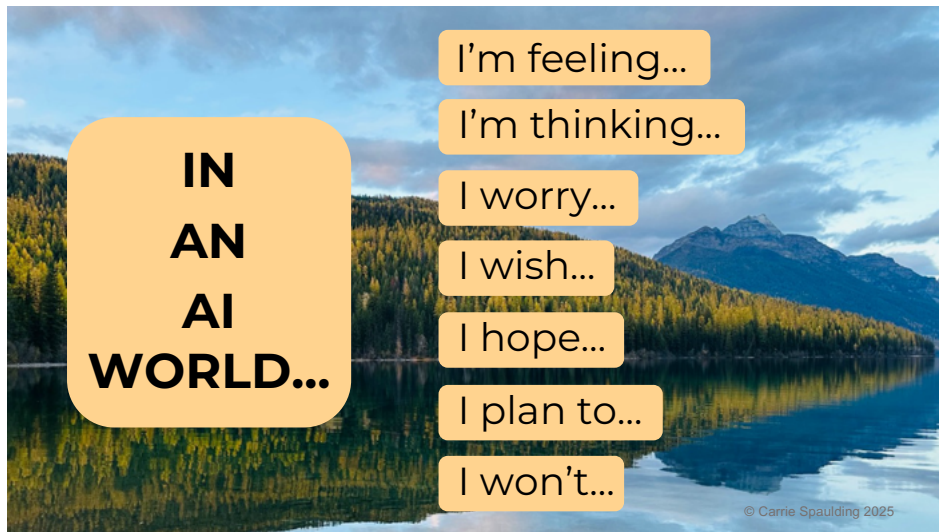
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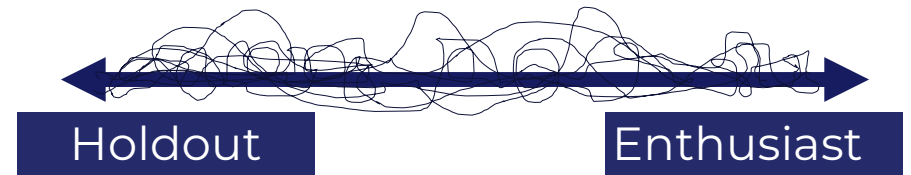
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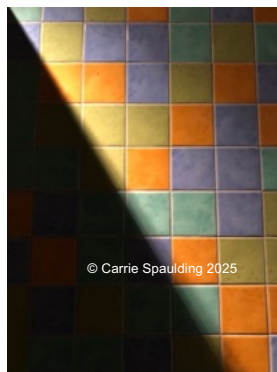
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Make Space for the
Whole Reality

I feel
this
way...

I value
X...

I wish X
was
true...



I also feel
this way.

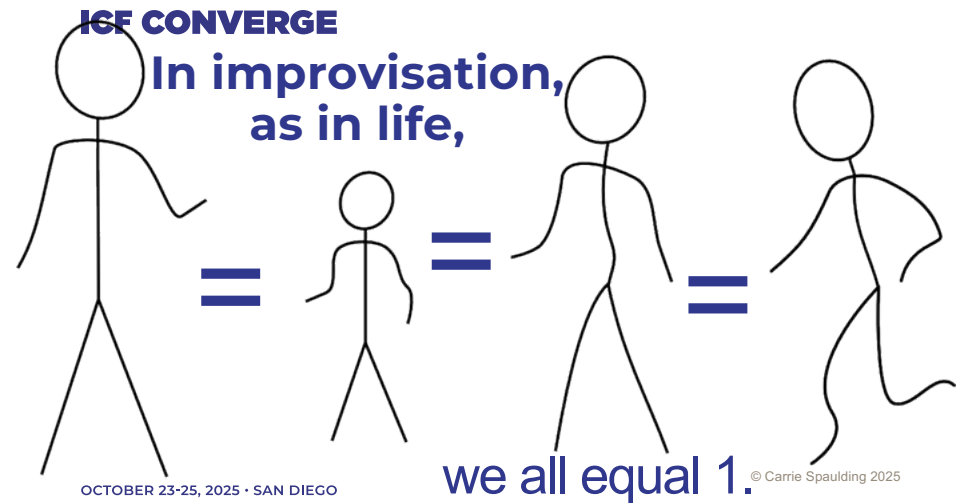
I also
value y.

and, Y is
true.

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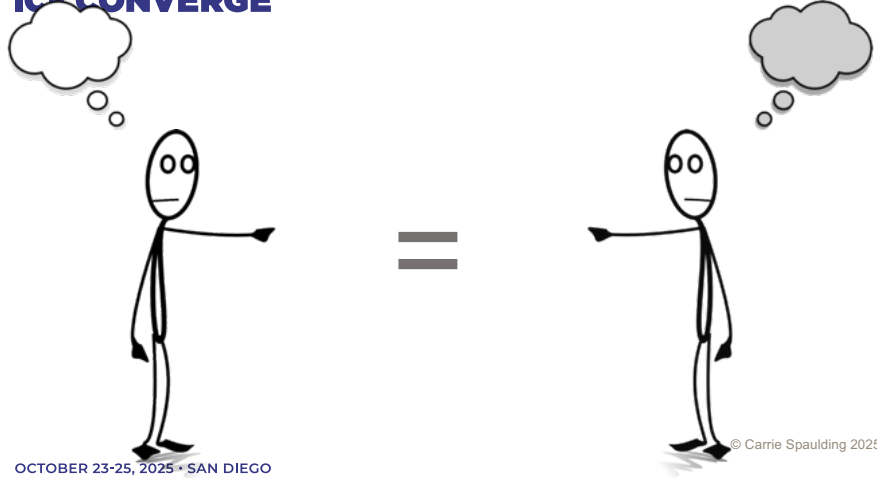
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In improvisation,
as in life,



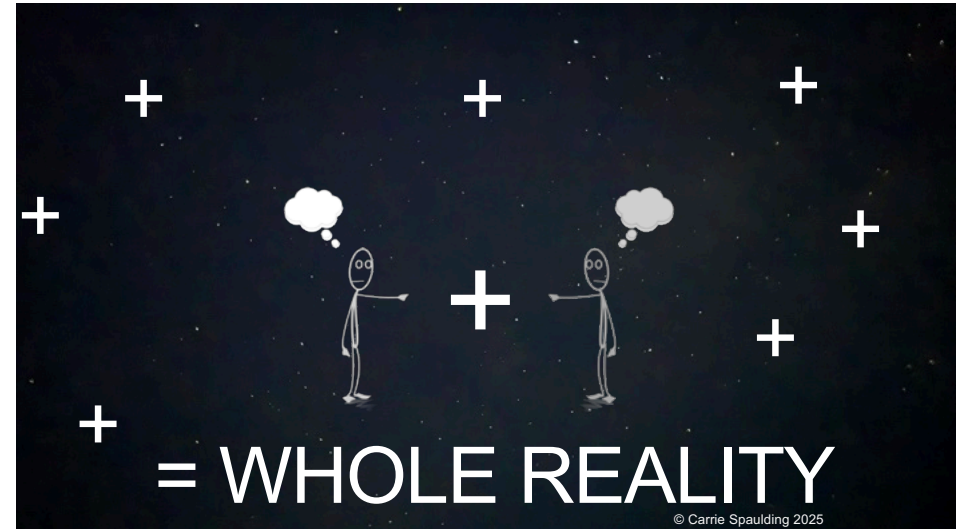
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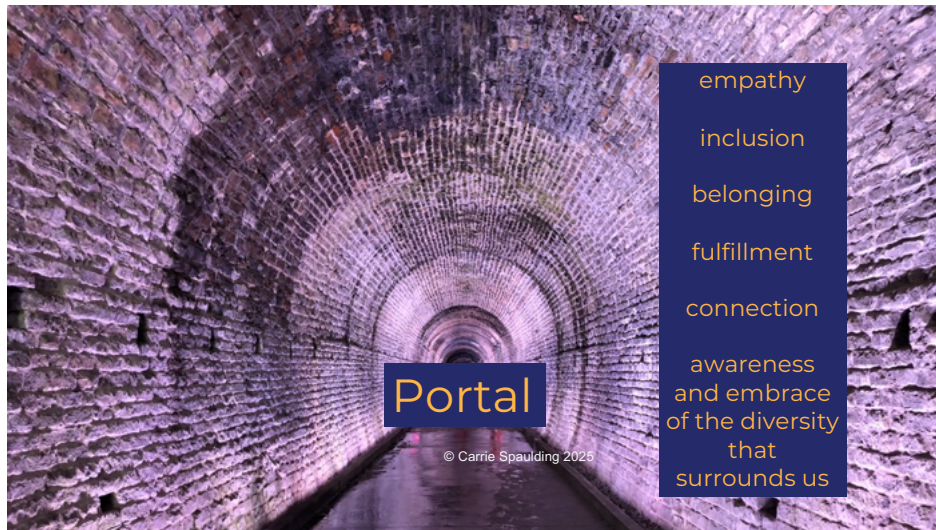


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Portal

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empathy
inclusion
belonging
fulfillment
connection
awareness
and embrace
of the diversity
that
surrounds us



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Accept ≠
agree, endorse,
support, enact

Accept =
recognize,
acknowledge,
take in,
incorporate

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Welp, this is
where we are.

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BUT

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~~BUT~~ ~~AND~~

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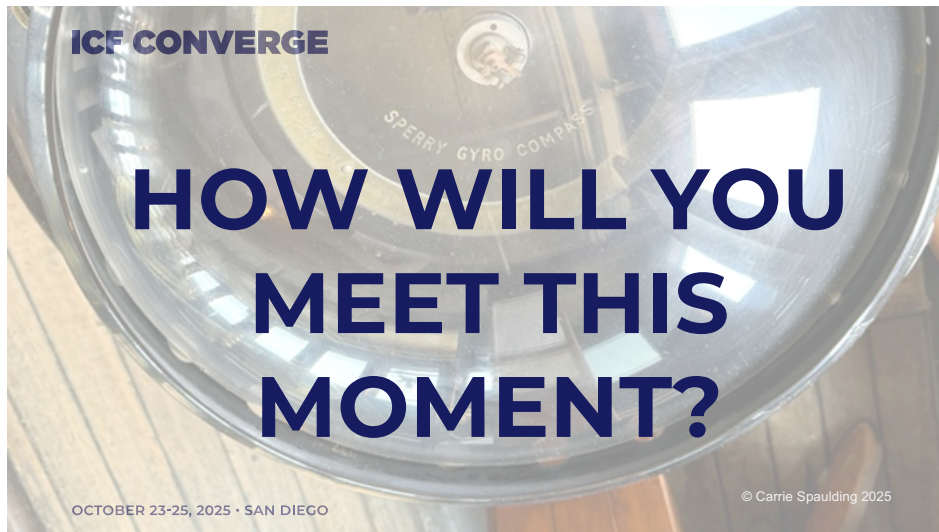


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Improv
Principle:

Get in the
game.

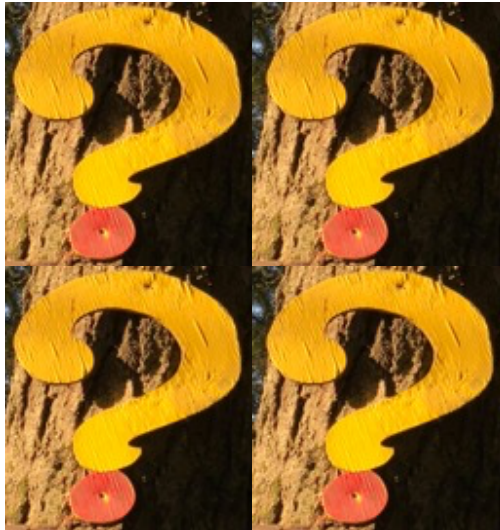
Add your AND.



**What do you
actually,
authentically,
deeply care
about?**



**What point
of view,
experience,
and skills do
you bring?**



**What problems
do you want to
help solve?**

**What questions
do you want to
help answer?**

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**What do you
stand for?**



- Coach
- Educator
- Speaker and Facilitator
- Business owner
- Nomad
- Artist
- Writer
- Human

LET CONVERSE

**BE WHO YOU ARE.
DO WHAT YOU'RE HERE FOR.
VENTURE BOLDLY FORWARD.**

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PERMISSION + TOOLS

(from yourself)

BE WHO YOU ARE.
DO WHAT YOU'RE HERE FOR.
VENTURE BOLDLY FORWARD.

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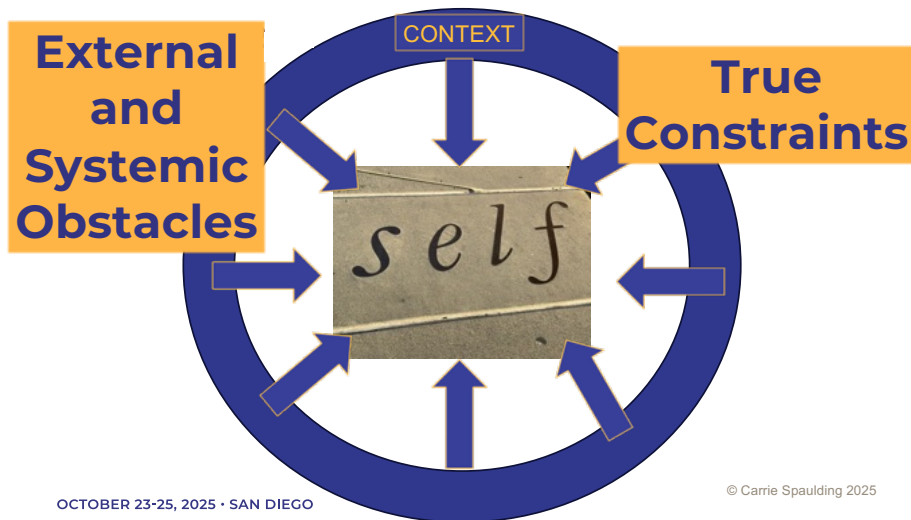
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VENTURE BOLDLY:

To risk a daring undertaking
/ journey with willingness,
courage, and (ever-
increasing) confidence

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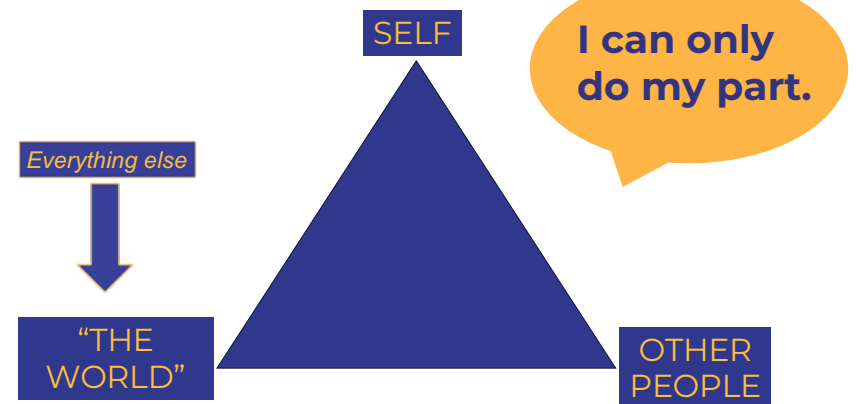
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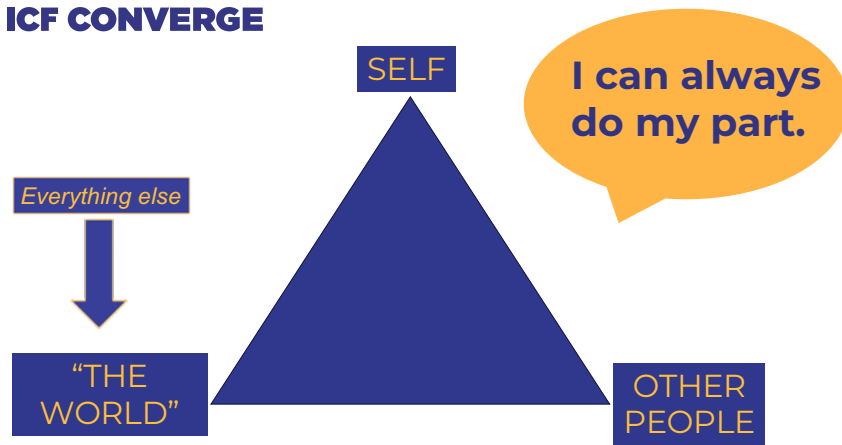
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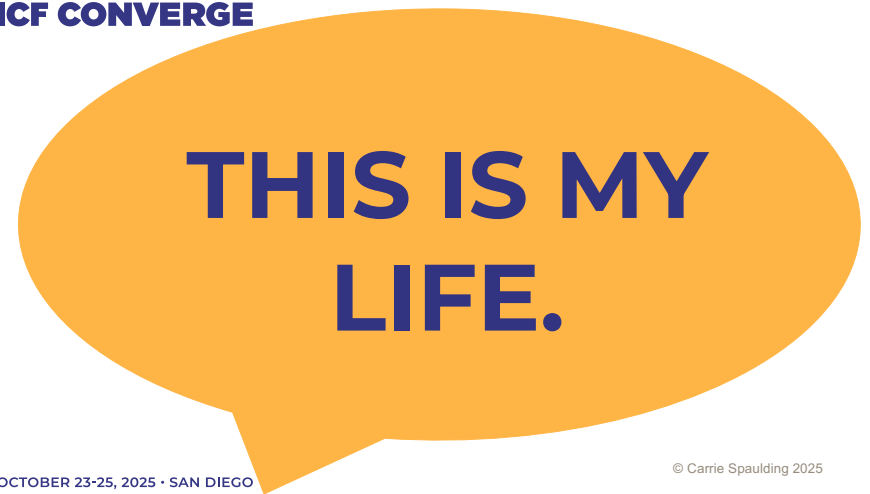
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**THIS IS MY
TIME.**

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**SIGN
UP
FOR
IT.**

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Harness Decision-Level Energy

~~**IF**~~

HOW

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~~FUTURE-PROOF YOURSELF:~~ READY

To intentionally develop, stretch, and disrupt yourself for continuous growth, so you can evolve and flourish in an ever-changing landscape and unknown future

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adaptability

flexibility

resilience

resourcefulness

empathy

relationship building

communication

collaboration

Select all images with a human

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VERIFY

creativity

innovation

curiosity

problem solving

critical thinking

learning orientation

judgment

decision-making

KEY #2

STRETCH:

Practice making bold moves in small, everyday ways.



voluntarily
intentionally
safely
frequently

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- X Volunteer for a community project
- X Sign up for a dance class

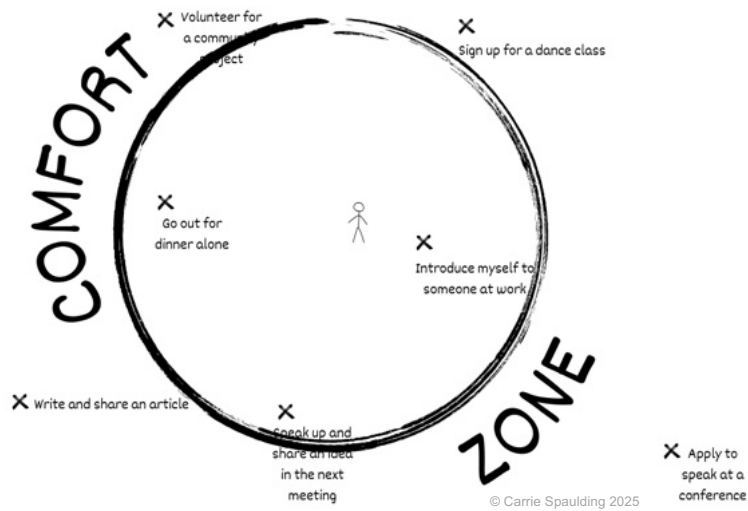


- X Write and share an article
- X Speak up and share an idea in the next meeting
- X Apply to speak at a conference

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KEY #3

Develop your spontaneous responsiveness skills.

Take risks safely & embrace the unknown.



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Adapt.



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**Assume, see, & seize
opportunities everywhere.**



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**Process the world & be present
with the Whole Reality.**



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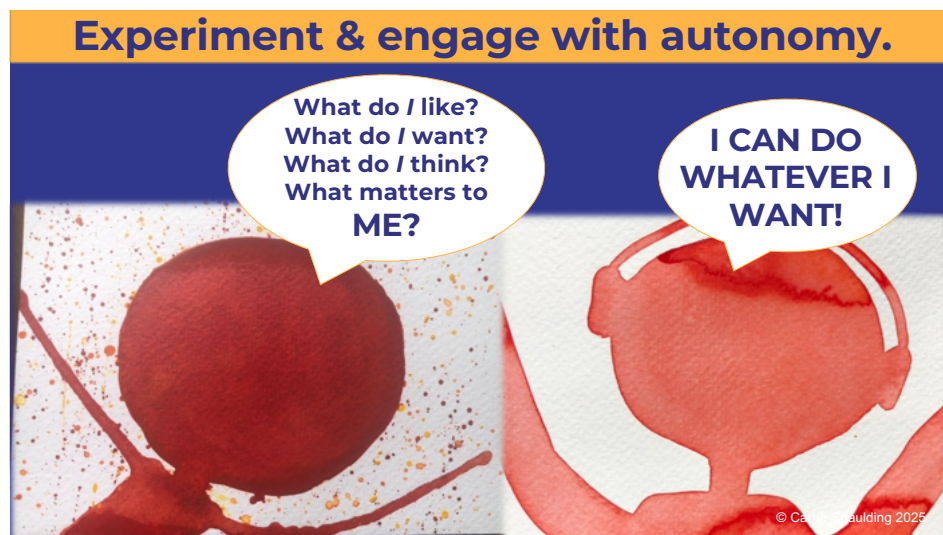
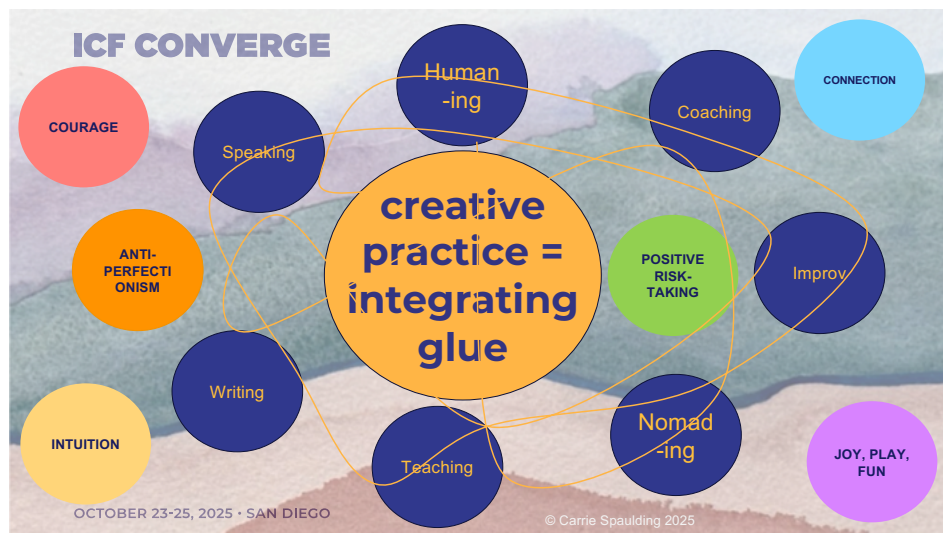
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**Engage
&
belong.**



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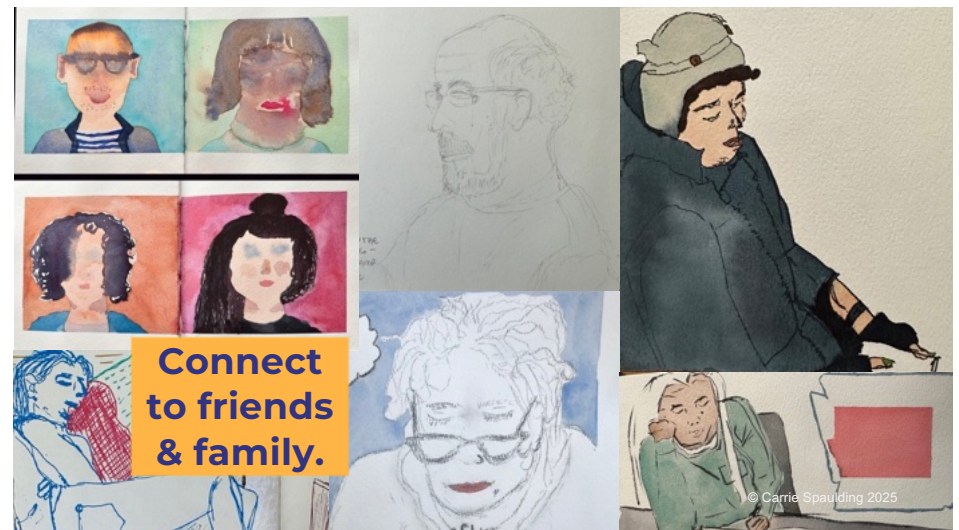
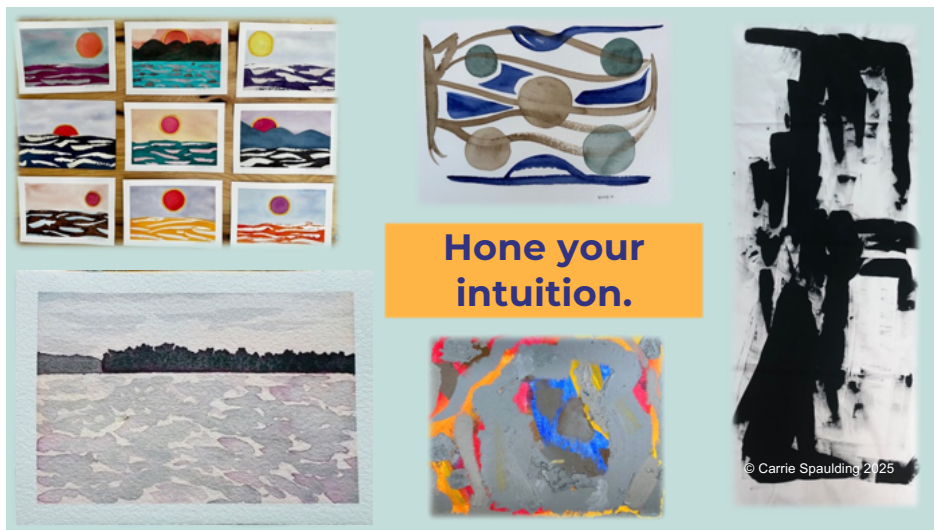




Drop into deep presence, attunement, & attention.



Explore ideas, think critically, & solve problems.



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Connect to a wider community.

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**Develop
your
relationship
with
yourself
(which
powers
everything).**

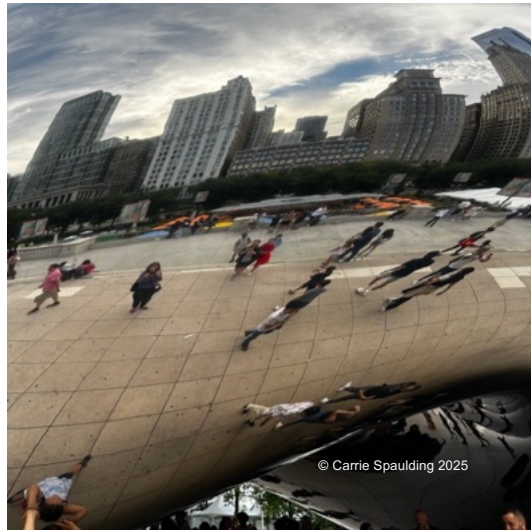
**Connect to and engage
actively with your world.**



Be seen, connect, contribute, & inspire.







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KEY #5

**Calibrate
yourself for
connection.**



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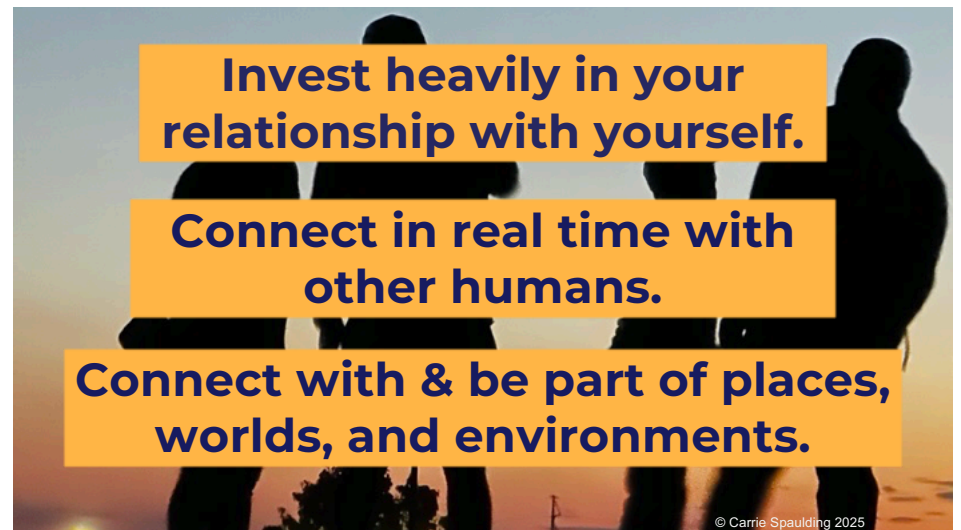
Three Key Relationships



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CONNECTION

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**IS THERE
ANYTHING I
CAN DO FOR
YOU?**

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**Be you, and be
out there.**



KEY #6

HUMAN HARDER:

**Lean into & amplify
your quirky, messy,
authentic, imperfect,
inconvenient,
multitudes-containing
human self.**

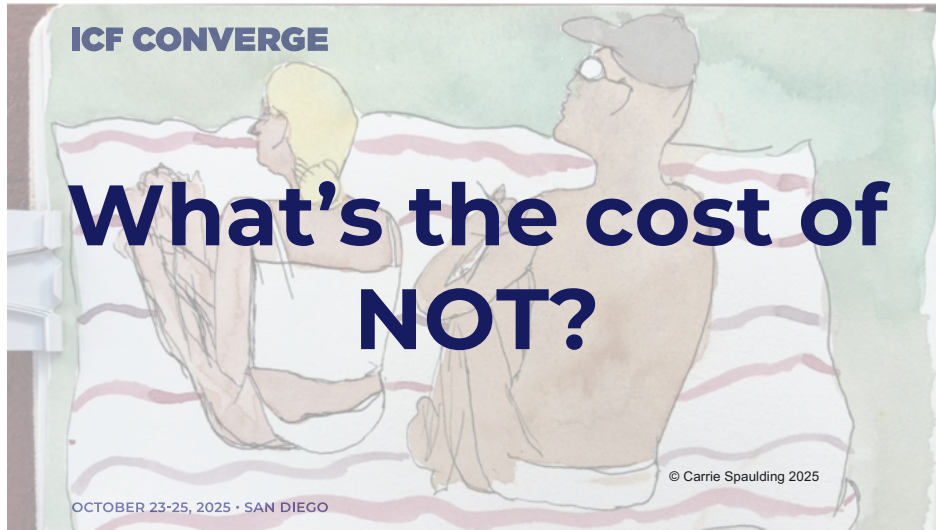
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**WHY?
What's the point
of trying?**

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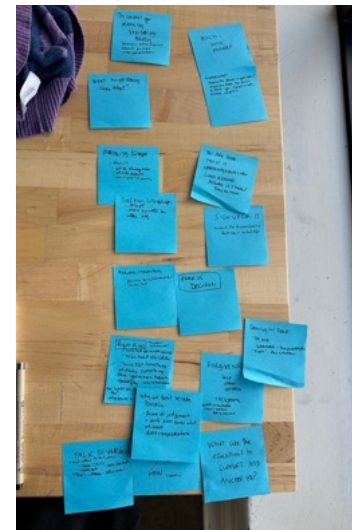


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No one is going to do this for you.

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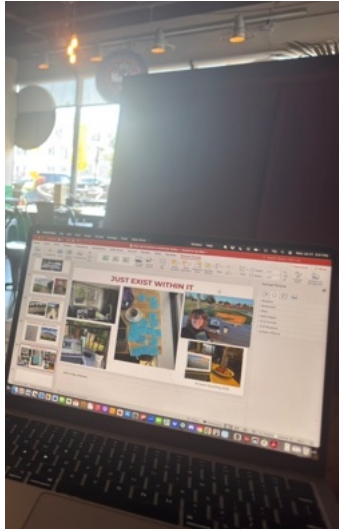
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HUMAN HARDER

Block out Analog Hours.

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HUMAN HARDER

**Carve out
AI-Free
Think/Work/Play
Sessions.**

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HUMAN HARDER

**Engage your
senses with
intention and
collaboration.**

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Real-World Offers



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I notice...

I wonder...

I remember...

I could...

I want to...

I feel...

I wish I could...

I am...



HUMAN HARDER

**Unmute your
experience and
feel the world.**

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HUMAN HARDER

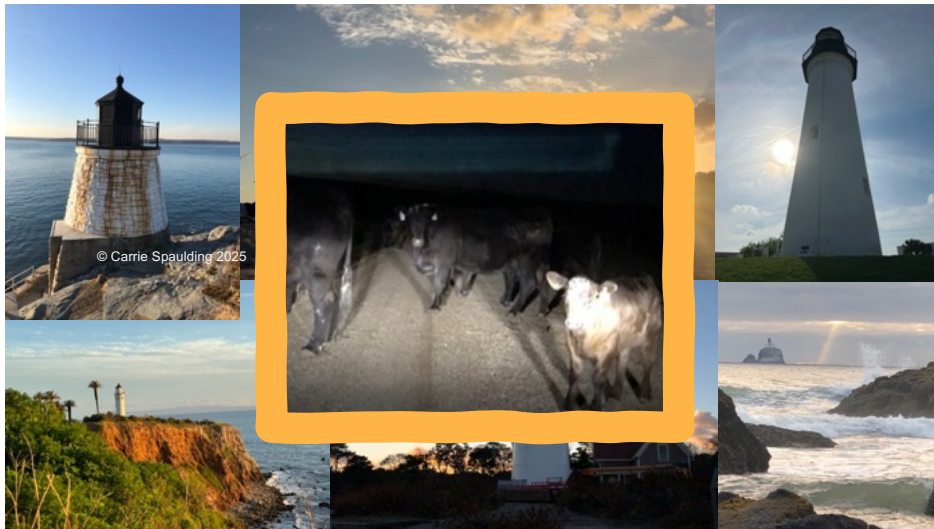
Audit your Whole Reality.

Signals:

- Big feelings (positive or negative)
- Overwhelm
- Disengagement
- Resentment
- Procrastination and avoidance
- Worry

Consider: + • Values + • Needs + • Impacting factors + • Intuitions	Possible Taps to Open: + • Journaling / brain-dumping + • Verbal processing + • Creative practice
Ask: + • What do I think? + • What do I feel? + • What do I need? + • What do I want to contribute?	Separate: + • Why from that + • What from how + • Ideation from evaluation

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Keep in touch!



Scan to request follow-up/keep in touch

Carrie Spaulding, PCC

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Educator | Writer | Artist | Human
The Thirtysomething Coach

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The image features the ICF logo on a dark blue background. To the right, a teal and yellow diagonal band separates the logo from a background photograph of a city skyline at sunset, with palm trees in the foreground. The text 'International Coaching Federation' is positioned to the right of the ICF logo.

ICF

International
Coaching
Federation