A QUANTUM POTENTIAL WORKSHOP

Build an Adaptive Mind for the AI Era

Divergent thinking, applied HI + AI, and adaptive skill building

AI can expand what's possible, but habitual thinking keeps most teams using it to do the same things faster. This 90-minute workshop builds the human skills that unlock its full power. Grounded in neuroscience.

AI is only as powerful *as the thinking behind it.*

THE ADAPTIVE GAP

How limited thinking limits AI

Speed

Change, complexity, and decision cycles are compressing faster than habits can adjust.

Transactional

Most of us use AI like a vending machine: one prompt, one answer, done.

Limitation

Narrow, habitual thinking gets narrow, average answers back. AI mirrors the mind using it.

THREE HUMAN SKILLS

What AI can't do for you

1

Curiosity

answers transactional use

"What could I explore here, not just extract?"

2

Judgment

answers autopilot

"Does this actually make sense here?"

3

Discernment

answers overload

"What matters most, and what can I let go?"

> *The way QP broke down the process, linking big-picture transformation with micro-changes like habit stacking, mindset shifts, and tool-based integration, was both profound and actionable.*

WORKSHOP PARTICIPANT, CREATIVE AI ACADEMY

The workshop *at a glance*

LENGTH	FORMAT	STYLE	INVESTMENT
90 minutes	**Virtual; in-person on request**	**Interactive; applied with Custom GPT Companion**	**$2,500**

HOW IT WORKS

1. **Notice**
   Spot the default patterns shaping how you think, decide, and use AI.
2. **Diverge**
   Shift perspective to generate options beyond the obvious, and beyond AI's first answer.
3. **Reinforce**
   Lock in new patterns through micro-actions that make change repeatable.

EVERY PARTICIPANT LEAVES WITH

- **Divergent thinking skills** to break default patterns and generate better options.
- **A personal HI + AI principle:** clarity on what to own, what to delegate, and how to stay in the loop.
- **Tools to develop HI skills:** curiosity, judgment, and discernment, with a daily practice to strengthen each.

PROVEN IN THE ROOM

Creative AI Academy

100%

found the exercises valuable for work + life

Measure the shift. Optional pre- and post-workshop surveys track shifts in cognitive flexibility and confidence with AI.



Eileen Crossin
Founder & CEO, Quantum Potential

Certified in mind-training techniques, including the neuroscience of leading with your brain (UC Boulder). 20+ years in revenue leadership across digital media and AdTech, including C-suite experience; a conscious leader at companies like TikTok, leading high-performance teams.

THE MOMENTUM PATHWAY

Your team's path to momentum

YOU ARE HERE
01 · WORKSHOP
Awareness
see the patterns

→

02 · INTERACTIVE EXPERIENCE
Practice
build the reps

→

03 · BOOT CAMP
Application
use it on real work

→

04 · MASTERCLASS
Integration
make it stick

Develop an Adaptive Mind for the Future of Work.

Trusted by enterprise and mid-market teams across the US + UK.

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