



The Human Side of AI: Wellness, Work & Connection

Tuesday, January 20, 2026



Featuring Joyce Marter, LCPC, CSP &



Susan Frew, CSP



Honor Your Current Stressors

- Constant acceleration & role expansion
- Chronic change and uncertainty
- Cognitive overload & decision fatigue
- Emotional labor with students and colleagues
- **Strain on personal mental and physical wellbeing**
- **Growing dependent care responsibilities**
- **Financial worries**

Burnout

My Role: Your Workplace Therapist



Improve your mindset so you can thrive with AI



Cultivate psychological safety in a learning environment



Teach mindfulness tools regulate nervous systems during rapid change



Provide psychological strategies to maintain balance, identity, purpose, and connection



Learn how to use AI without outsourcing your humanity



Why AI & Wellness Matter

In an era of rapid technological advancement, understanding how Artificial Intelligence intersects with personal wellness and workplace well-being is crucial. This presentation explores the vital connection between AI innovation and human flourishing, emphasizing how we can harness technology to enhance our lives rather than detract from them.

Stress management
with AI

Personal health
optimization

Wearables and
data-driven
decisions

Fostering empathetic
communication in the
workplace

The Human Side of AI: Enhancing Wellness, Work & Connection

AI FOR PERSONAL WELL-BEING



Empower Your Personal Health Journey

Use AI tools like wearables and apps for informed health decisions.

Manage Stress & Cope with Change

Leverage AI for mindfulness, stress management, and work-life balance.



Most Staff Report Moderate to High Stress

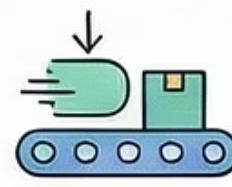
Pre-event surveys show a clear need for effective wellness strategies.

AI Learning Topic



Ethical Boundaries & Job Satisfaction

Desired AI Support



Workflow Simplification

Need for Human Connection



Team Collaboration & Leadership Communication

AI FOR OUR WORKPLACE



Strengthen Human Connection

AI can be used to inspire more empathetic and informed communication.

Increase Job Satisfaction & Engagement

Simplify workflows and personalize professional growth opportunities with AI.



Prioritize Ethics and Balance

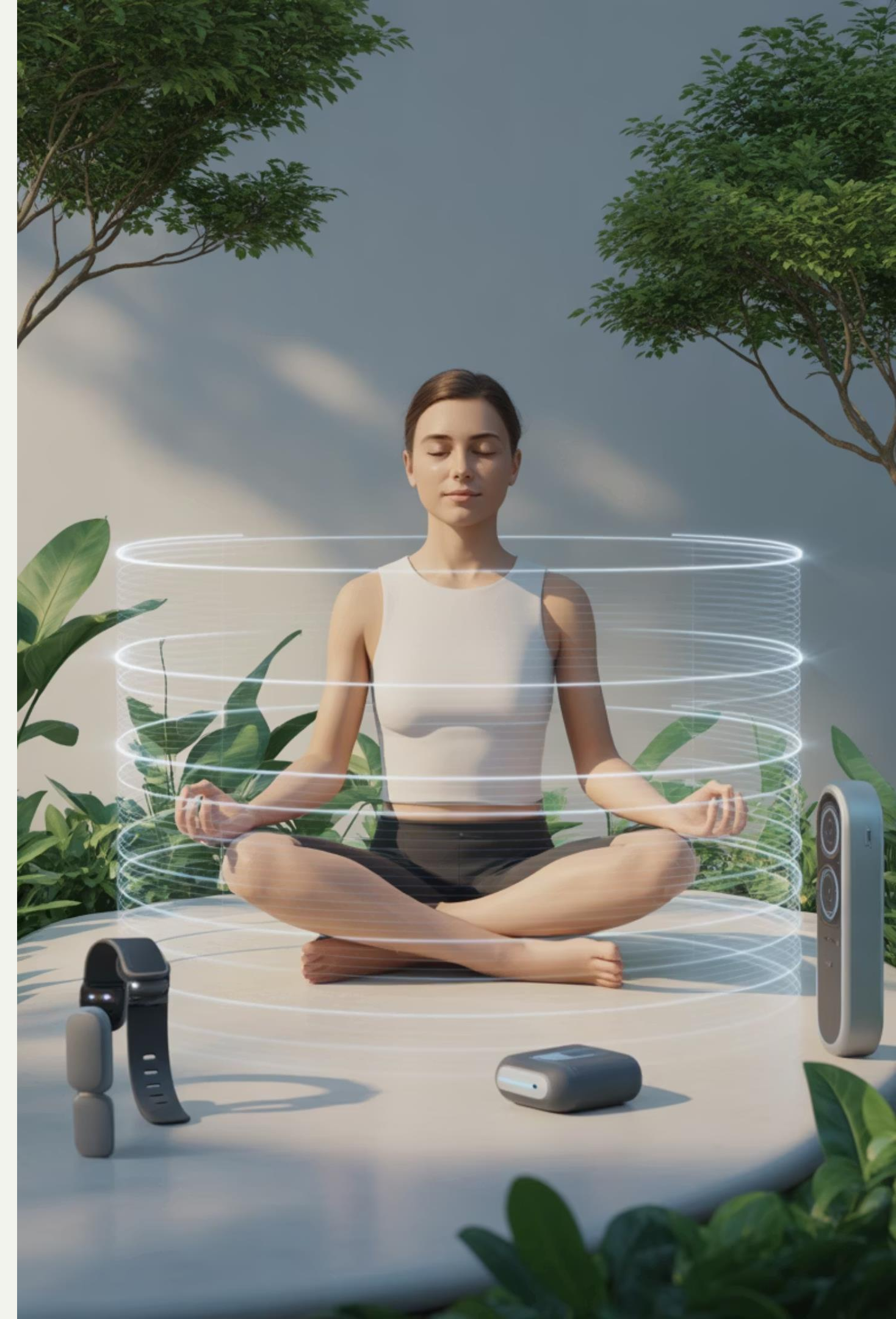
Use AI responsibly to support well-being without diminishing authenticity or privacy.



PART 1

How AI Can Enhance Personal Well-Being

Discover how AI tools can support your wellness journey, from mindfulness to personalized health insights.



The Capability: You Are Ready to Adapt

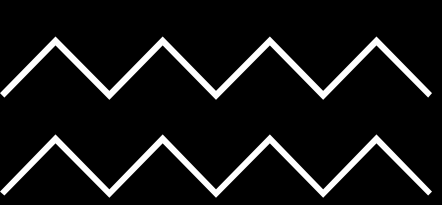
Cautious Optimism in the Data

Comfort with New Technologies

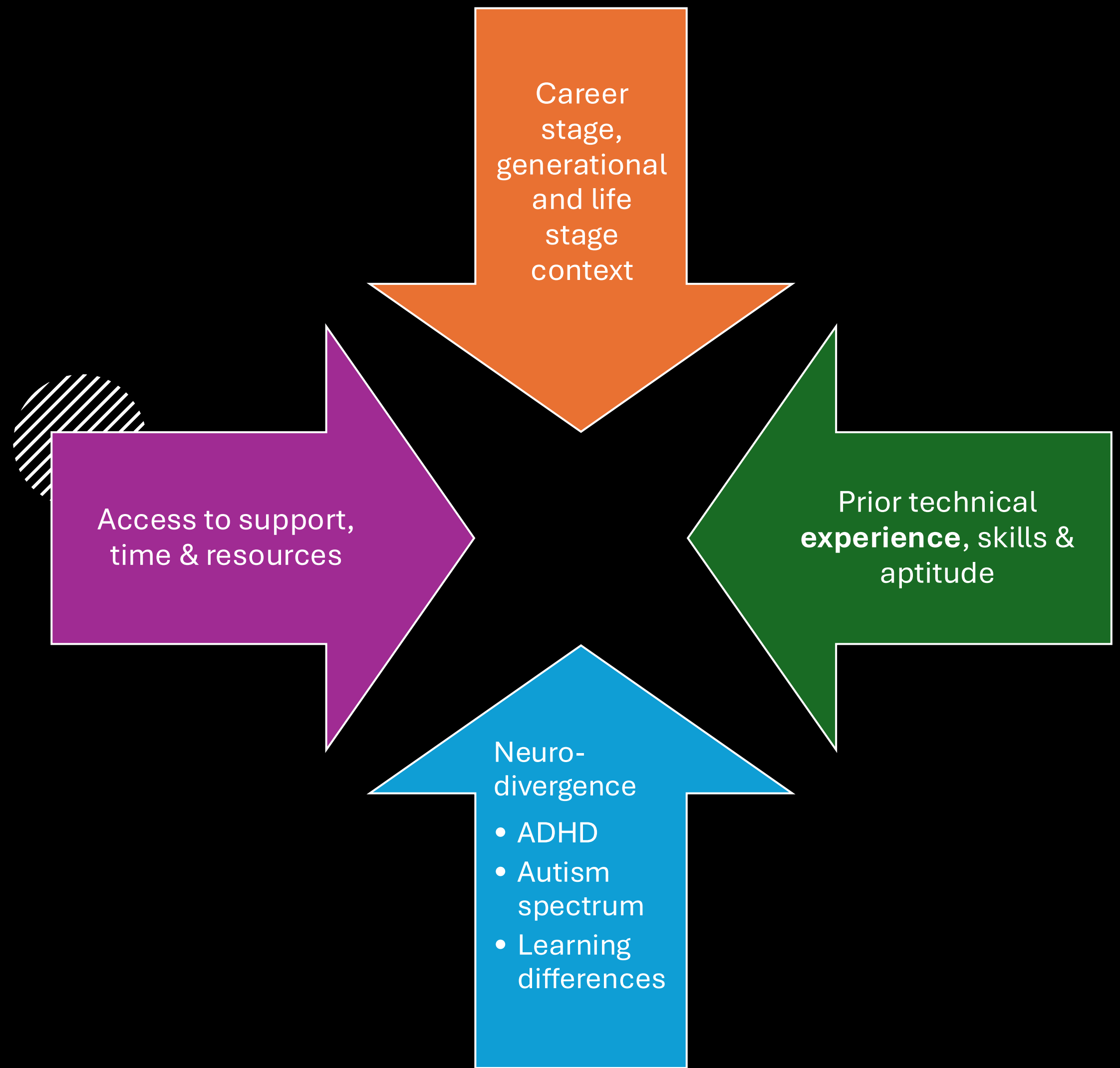


- While stress is high, technical confidence is solid.
- The barrier isn't ability; it's capacity.

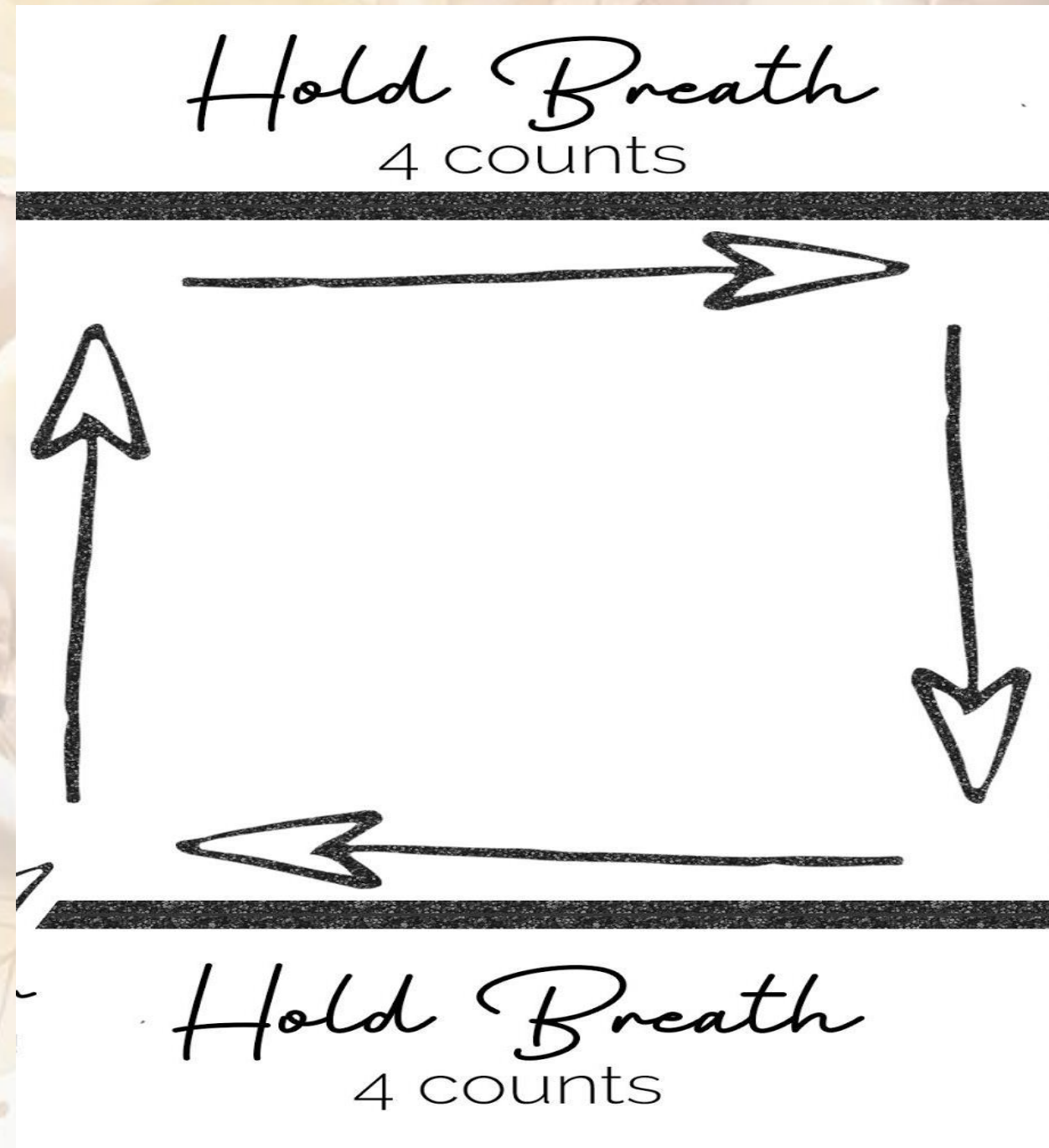
“The data shows you are willing to embrace change—provided the tools prove their worth immediately.”



Psychological Safety: Understanding AI Learning Differences



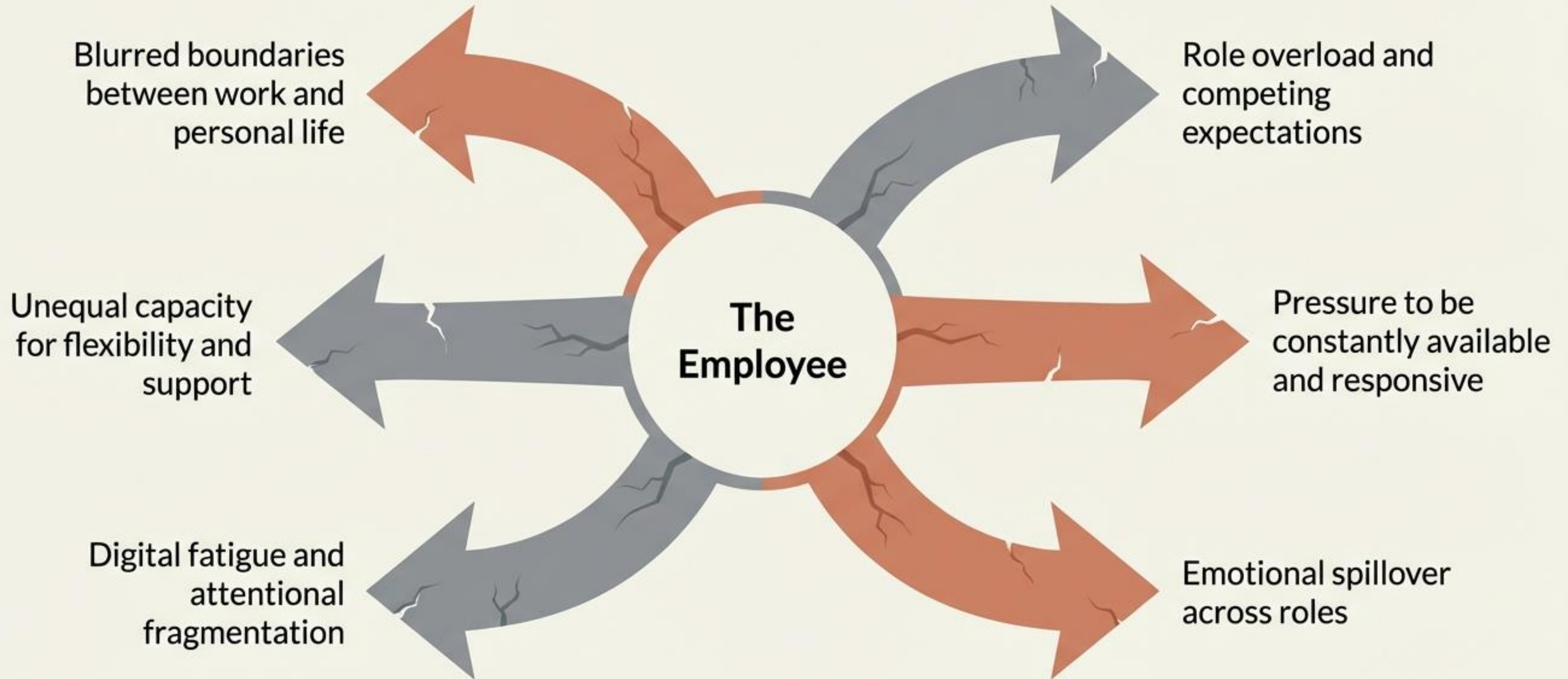
Mindfulness Practices to Regulate the Nervous System During Rapid Change



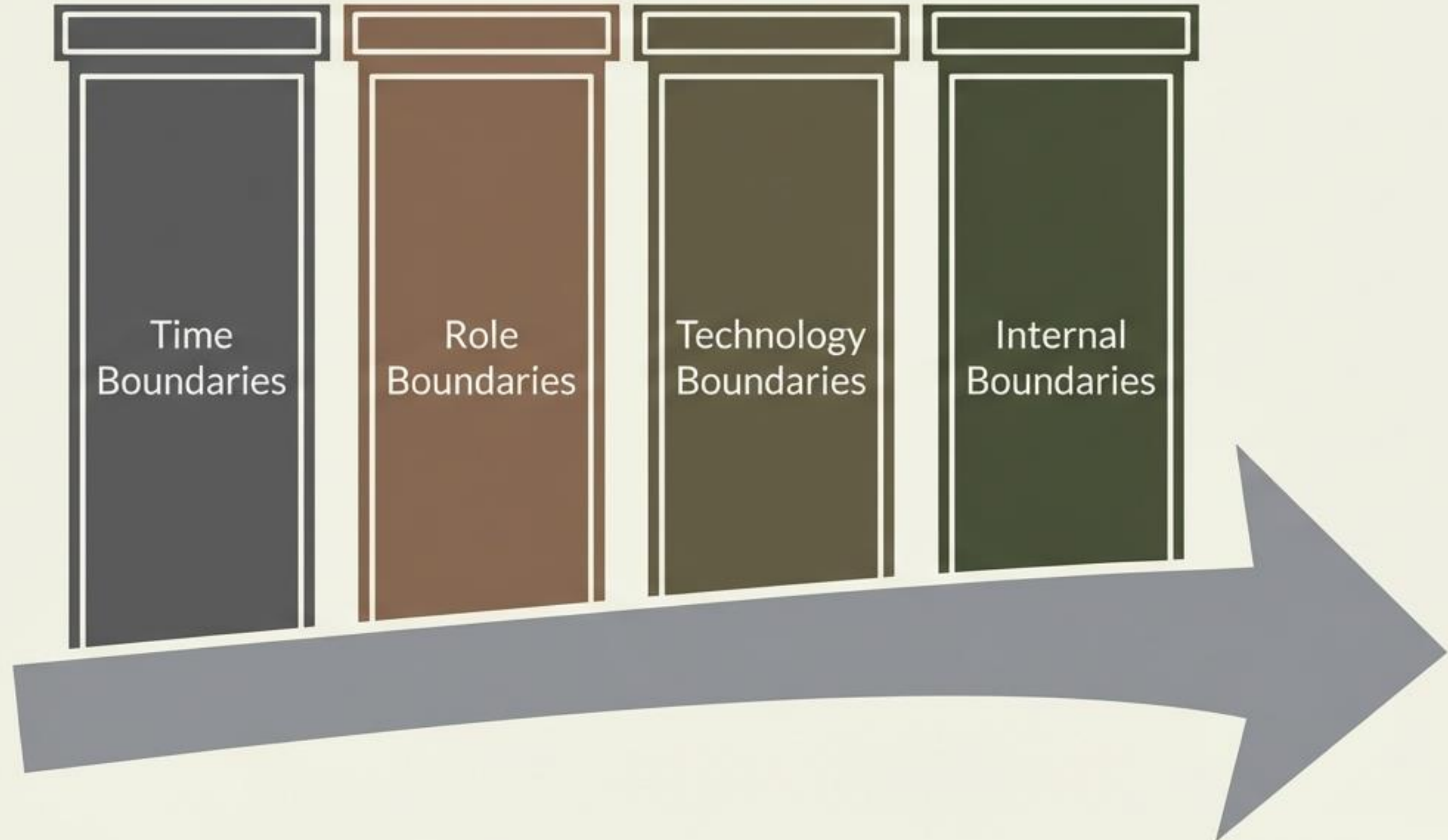
- Breath-work: Box Breathing (4-4-4-4)
 - Grounding practices
 - Meditation
 - Gentle movement (yoga, stretching, walking)
 - Connect to nature (outdoor breaks)
- Take intentional technology breaks
 - Be a single tasker



Work-Life Balance in an Always-Connected World



Boundary Solutions



The State of AI: Moving from Hype to Utility

It is no longer just coming. It is here to help.



We often fear AI will replace us. The reality is that AI is evolving into a supportive utility—much like electricity or the internet.

Today, we aren't looking at "The Terminator." We are looking at the ultimate Executive Assistant.

The Shift: We have moved from Generative Play to Strategic Utility—analyzing data, optimizing health, and streamlining workflows.

The Goal: To move from "Overwhelmed by Tech" to "Augmented by Tech."

The Pulse of Kish: Where We Stand Today

Insights from your Pre-Event Attendee Survey

Insight 1: We are Under Pressure.

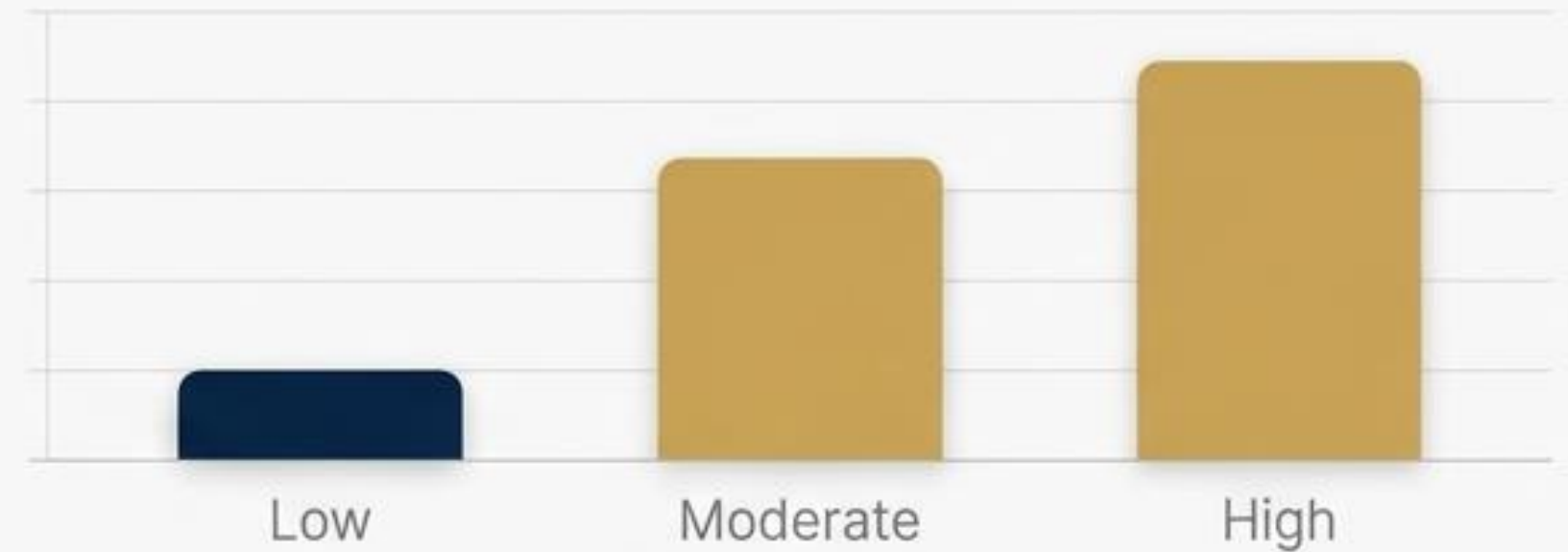
The majority of respondents report “Moderate” to “High” stress levels. We are operating at capacity. We need tools that subtract from our load, not add to it.

Insight 2: We are Ready to Adapt.

With scores ranging widely but averaging 3.8/5, the data shows you are willing to embrace change—provided the tools prove their worth immediately.

“I feel tethered to technology.”

Current Stress Levels



Comfort with Tech



Cautious Optimism >

You Asked, We Answered

The top priorities for AI integration identified by Kish faculty and staff.



1. Workflow Simplification #1 Request

Reducing the friction of daily administrative tasks to reclaim time for students and deep work.



2. Stress Reduction

Tools to manage the mental load, not just the workload.



3. Privacy & Ethics

90% of you rated ethical boundaries and privacy as a **'5/5'** in importance. We hear you, and we are prioritizing tools that protect your data.

Reimagining AI as a Wellness Ally

Technology usually causes stress.
Can it also cure it?

We typically associate screens with burnout. But a new wave of “Wellness AI” is flipping the script. Instead of demanding your attention, these tools work in the background to protect your energy.

The 3 Pillars of Wellness AI

1. **Monitoring:** Establishing your biological baseline.
2. **Insight:** Connecting your habits (sleep, emails, meetings) to how you feel.
3. **Nudging:** Gentle, data-driven reminders to breathe, stand, or disconnect.





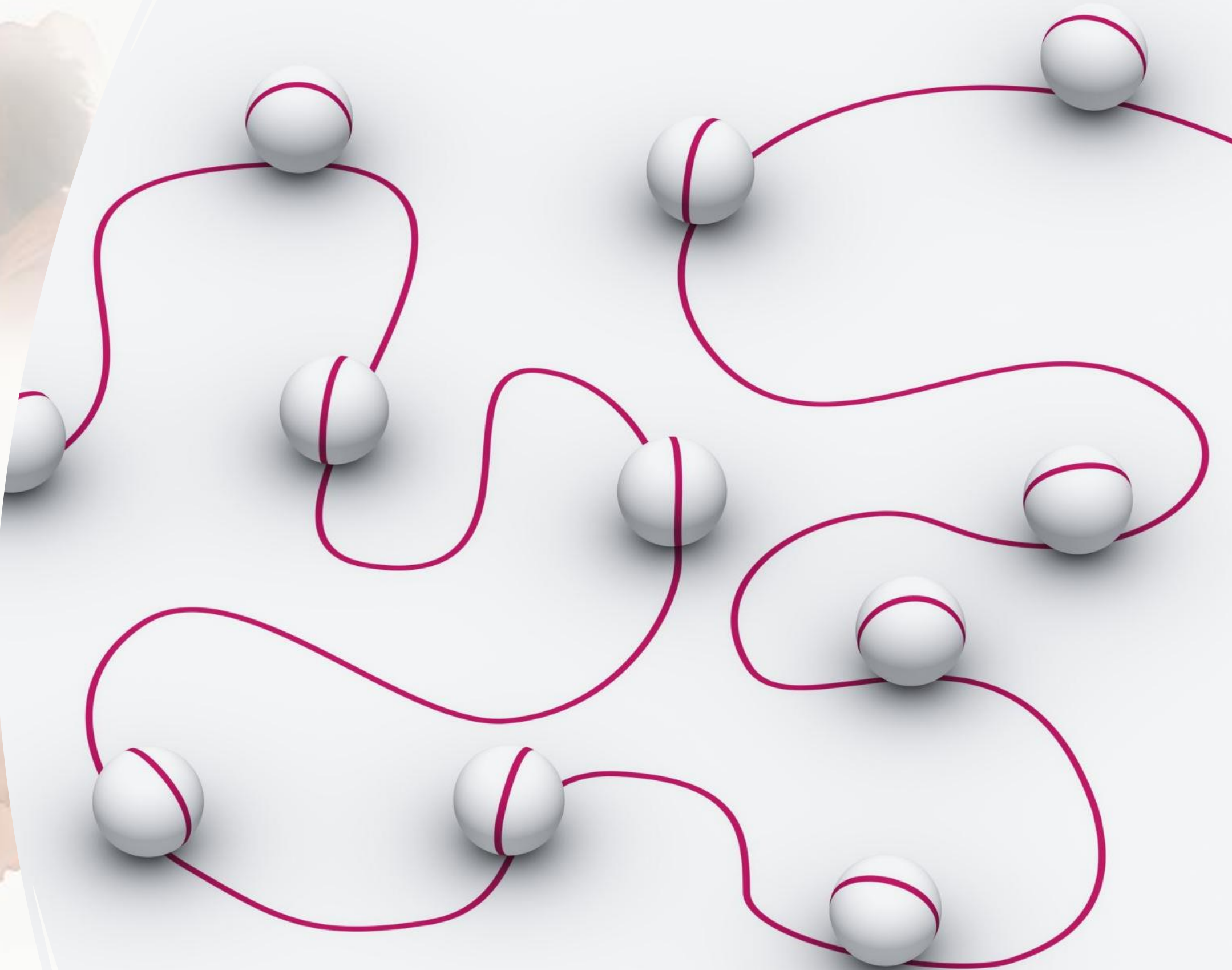
AI as a Supportive Tool for Mental & Physical Well-Being

- ✓ Supports reflection, insight, and self-awareness
- ✓ Helps organize thoughts, emotions, and health information
- ✓ Reduces cognitive load during periods of stress or overwhelm
- ✓ Empowers individuals to take an active role in their care
- ✓ Encourages curiosity, learning, and growth rather than self-judgment



AI as a Tool for Self-Awareness & Insight

- Helps externalize thoughts and reduce mental clutter
- Supports naming emotions, stressors, and internal narratives
- Encourages reflection without fear of judgment
- Assists in identifying patterns in stress, energy, and behavior
- Creates space for curiosity rather than self-criticism



Supporting Mental Health & Emotional Regulation

- .Helps articulate emotions, symptoms, and stressors more clearly
- .Supports reflection between therapy or medical appointments
- .Encourages mindfulness, grounding, and nervous system awareness
- .Assists in tracking patterns in mood, energy, and stress over time
- .Reduces isolation by offering structure and language when support feels hard to access

Enhancing Communication With Doctors & Therapists



Helps organize questions and concerns before appointments



Supports clearer descriptions of symptoms, side effects, and patterns



Assists in summarizing appointments and next steps afterward



Encourages shared decision-making and self-advocacy



Reduces anxiety by increasing preparedness and clarity

Smarter Health: The Human Side of Wearable AI

EMPOWERED HEALTH JOURNEYS



Informed Decision-Making

Wearables and tracking apps enable individuals to take control of their health data.



Predictive Health Analytics

AI tools use data to anticipate physical and mental health needs before they escalate.



The "Super User" Advantage

Leveraging technology to simplify personal health workflows and maximize operational wellness.

HOLISTIC PERSONAL WELL-BEING



Physical & Mental Synergy

Integrated tools monitor both physical activity and mindset indicators to support overall health.



Stress Management & Balance

AI tools promote personal wellness by identifying triggers and supporting work-life balance.



Enhanced Human Connections

Data from wearables inspires more empathetic and informed communication with medical professionals.

The Wearable Revolution

From counting steps to managing capacity.

Wearable technology has graduated. It is no longer just about 'closing your rings.' It is about understanding your physiologic capacity for the day.

Oura Ring

Best for sleep tracking and "Readiness" scores. Low profile, high accuracy.



Whoop

Best for strain vs. recovery analysis. Favored by high-performers to prevent overtraining.



Apple Watch

The all-rounder. Best for heart health alerts, movement, and real-time mindfulness prompts.



Garmin

Features the "Body Battery™"—a metric that visualizes your energy like a fuel tank.





AI for Workflow Efficiency & Professional Growth

1 Streamline Repetitive Tasks

AI excels at handling routine work—scheduling, data entry, basic research—freeing your time and mental energy for creative thinking and meaningful human interaction.

2 Personalized Learning Paths

Smart systems can assess your current skills and career goals, then curate learning resources tailored specifically to your growth trajectory and learning style.

3 Decision Support & Insights

AI can process vast amounts of information quickly, surfacing patterns and insights that inform better decisions without replacing human judgment.

4 Ethics & Authentic Balance

The key is using AI as a tool that amplifies human capabilities while preserving authenticity, privacy, and genuine connection. We must remain thoughtful stewards of this technology.

BREAK: 9:45-10:00 AM CST



PART 2

How AI Can Improve



**Strengthen Human
Connections**



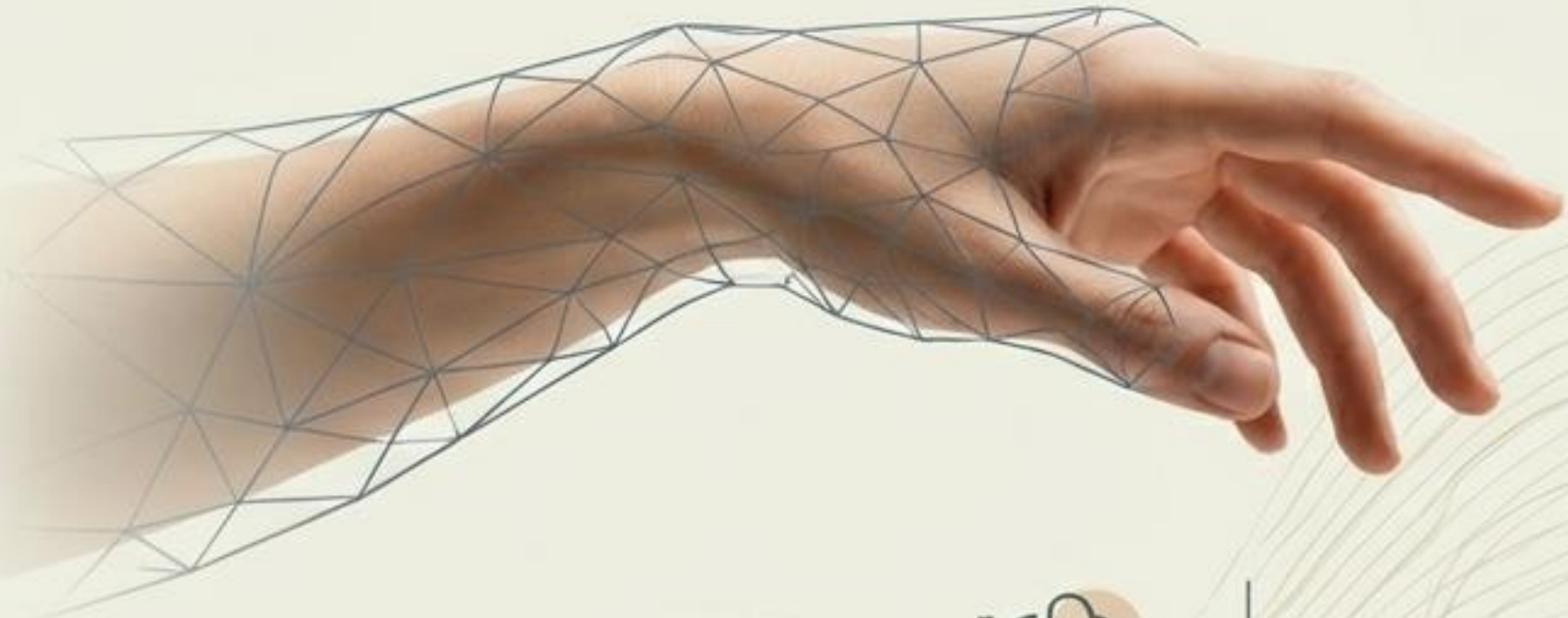
**Enhance Communication
Quality**



**Boost Job
Satisfaction**



The Future Workplace: AI as the Exoskeleton



Vision: A culture where technology acts as an exoskeleton—supporting heavy lifting and reducing fatigue—allowing humans to focus on creativity and connection.



Smarter Living

Leverage AI for seamless automation and personalized assistance, enhancing daily life and well-being.



Informed Decisions

Utilize data-driven insights to make better choices, backed by intelligent analysis and foresight.



Healthier Cultures

Foster environments where technology promotes balance, reduces burnout, and strengthens human connection.

The Division of Labor: Humans & AI Working Together

The Role of AI

- Data processing & pattern recognition
- Scheduling, coordination & reminders
- Drafting & summarizing content
- Research synthesis & information gathering
- Automation of routine & repetitive tasks



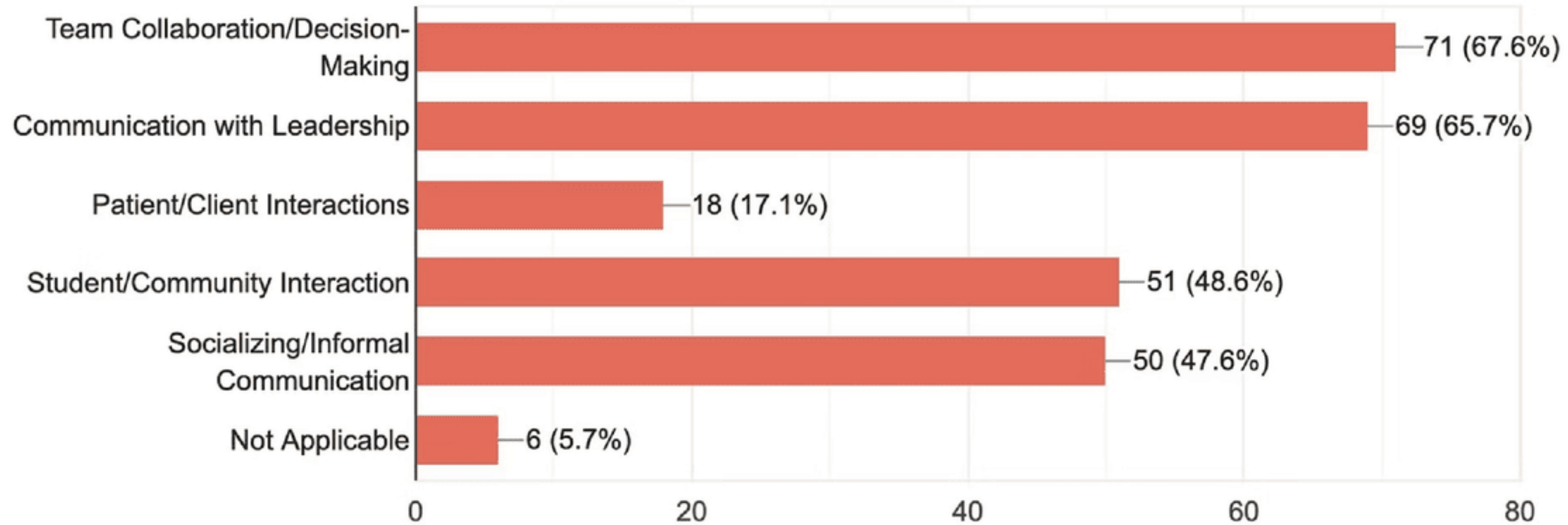
The Role of the Human

- Ethical reasoning & accountability
- Contextual judgment & decision making
- Empathy, presence & relational attunement
- Student care, mentorship & support
- Creativity, values and purpose



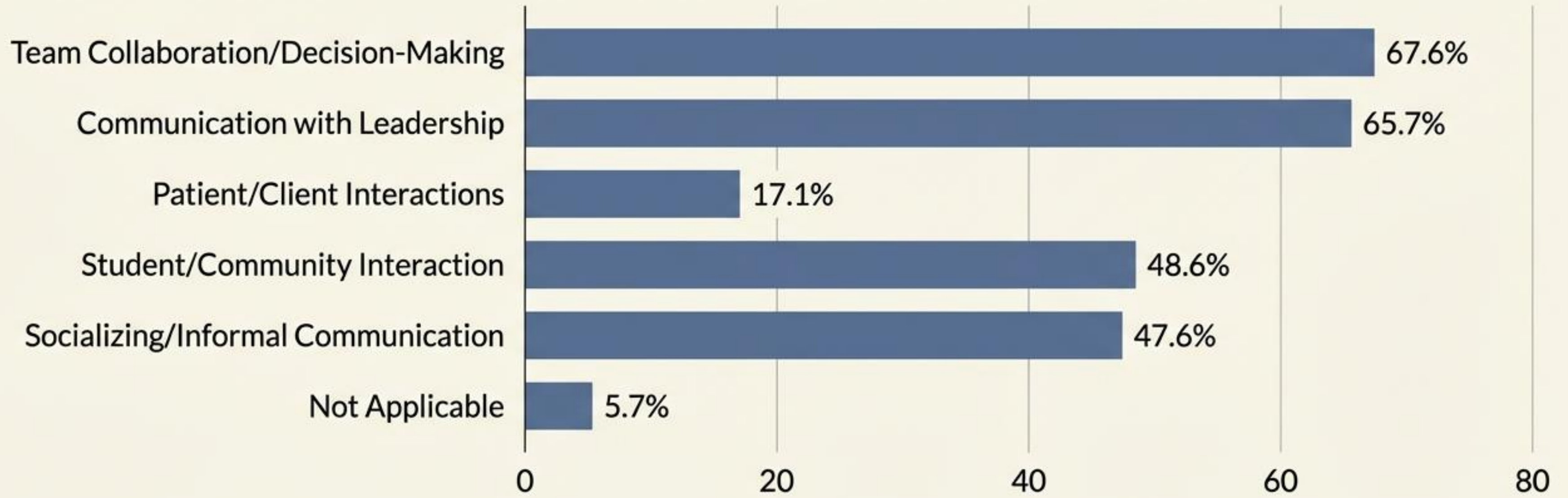
Where do you feel human connection is most needed in your workplace right now? (Select all that apply)

105 responses

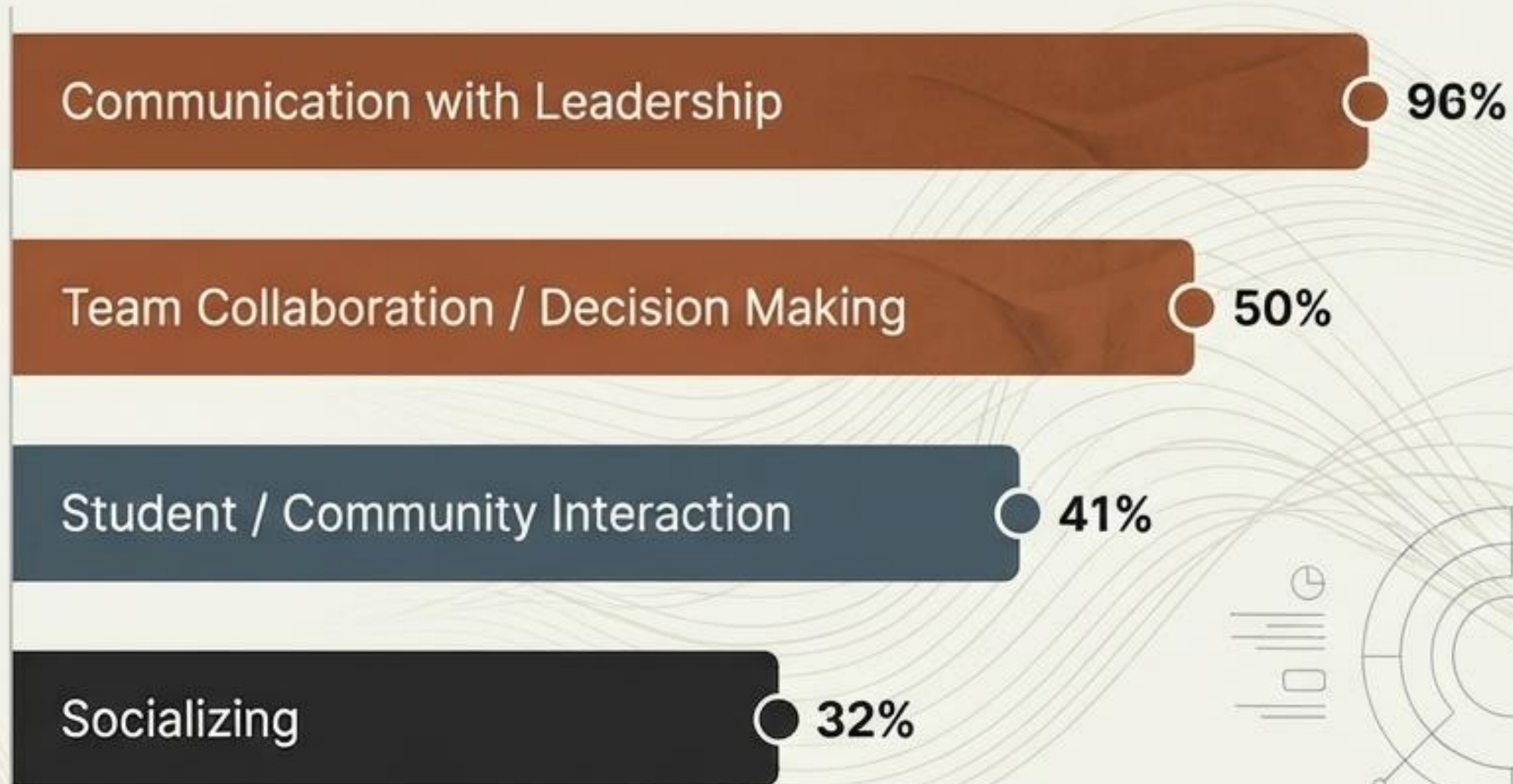


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The Connection Void: Where We Need Each Other



The Insight

AI cannot fix leadership connection or empathy. It cannot look a colleague in the eye. However, AI can clear the administrative clutter to make time for these vital human interactions.

AI as the Empathy Engine

Using a machine to be more human.

In a hybrid/digital world, we lose tone, body language, and nuance. We often type quickly, leading to unintentional friction.

The Tone Mirror

AI can check our blind spots before we hit send.

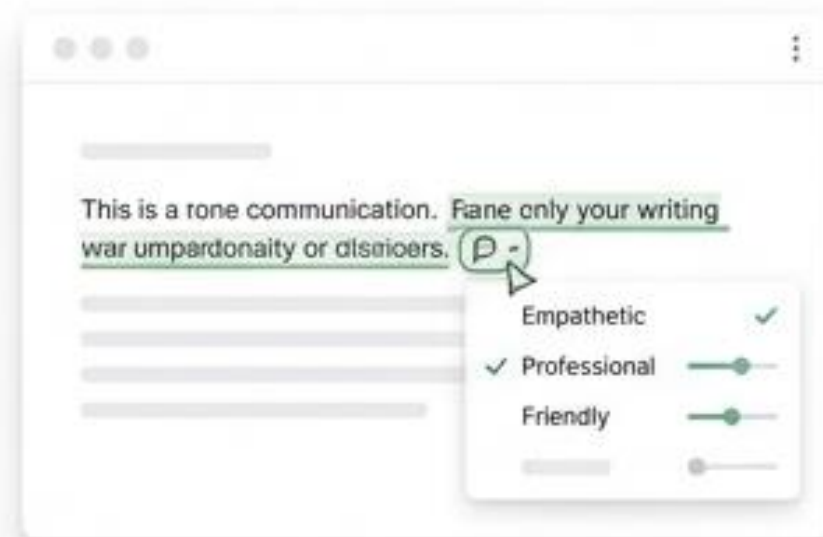
- **Bias Detection:** Flagging language that might be exclusionary or non-inclusive.
- **Sentiment Analysis:** "This email sounds aggressive. Did you mean to sound direct?"
- **Clarity:** Ensuring your message is received exactly as you intended, reducing anxiety for the recipient.



Tools for Informed Communication

A digital coach for your inbox and your meetings.

GrammarlyGO / Microsoft Editor



Not just for spellcheck. Use the "Tone Detector" to adjust your writing for "Empathetic," "Professional," or "Friendly."

Crystal Knows



Personality AI. It analyzes public data to guide you on how a colleague prefers to communicate.
Example: "Tricia prefers concise, data-driven emails. Skip the small talk."

Poised



A real-time communication coach for Zoom. It gives private feedback on your speaking speed, use of filler words, and energy levels during the call, helping you stay present.

Enhancing Job Satisfaction with AI

AI isn't just about efficiency; it's a powerful ally in boosting employee well-being and contentment in the workplace.

Automate Mundane Tasks



Free up valuable time by delegating repetitive administrative duties to AI, allowing you to focus on more engaging and impactful work.

Personalized Skill Development



AI platforms can identify skill gaps and recommend tailored learning resources, fostering continuous growth and career advancement relevant to your goals.

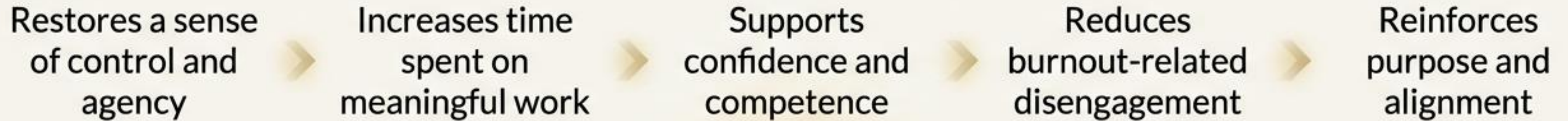
Streamlined Workflows



Reduce friction and improve productivity with AI-powered tools that optimize processes, minimize errors, and ensure smoother project execution.

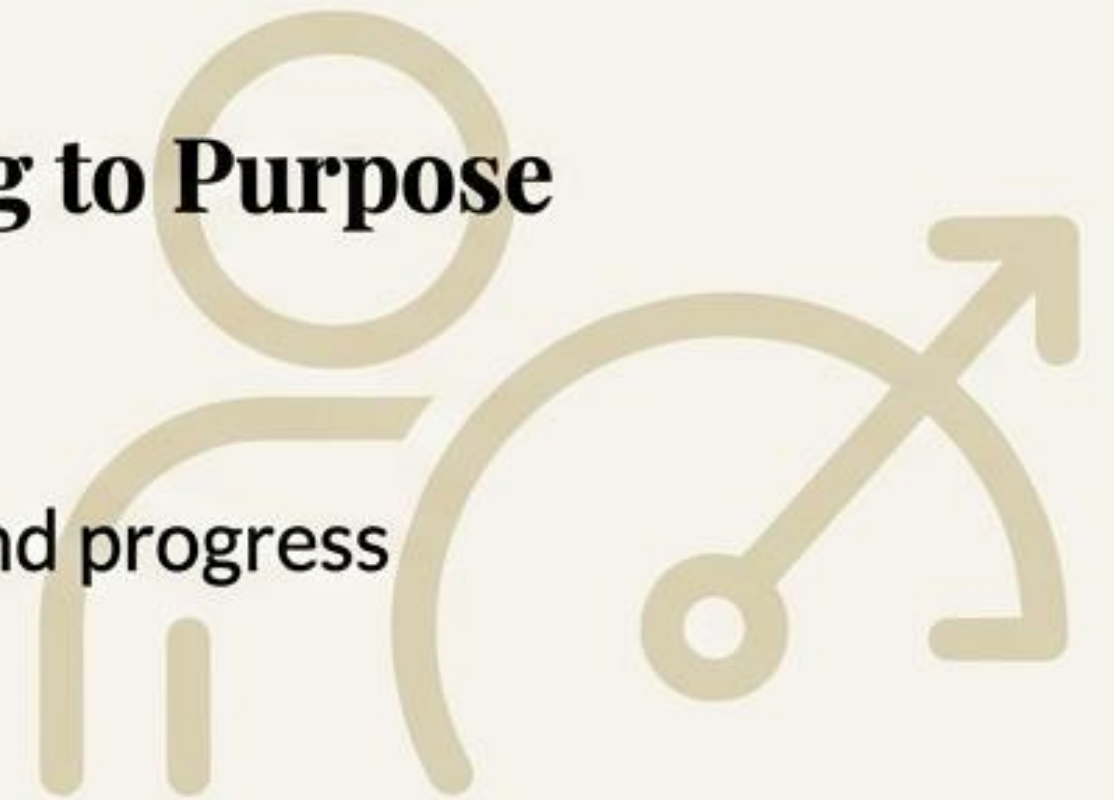
How AI Can Support Motivation and Engagement at Work

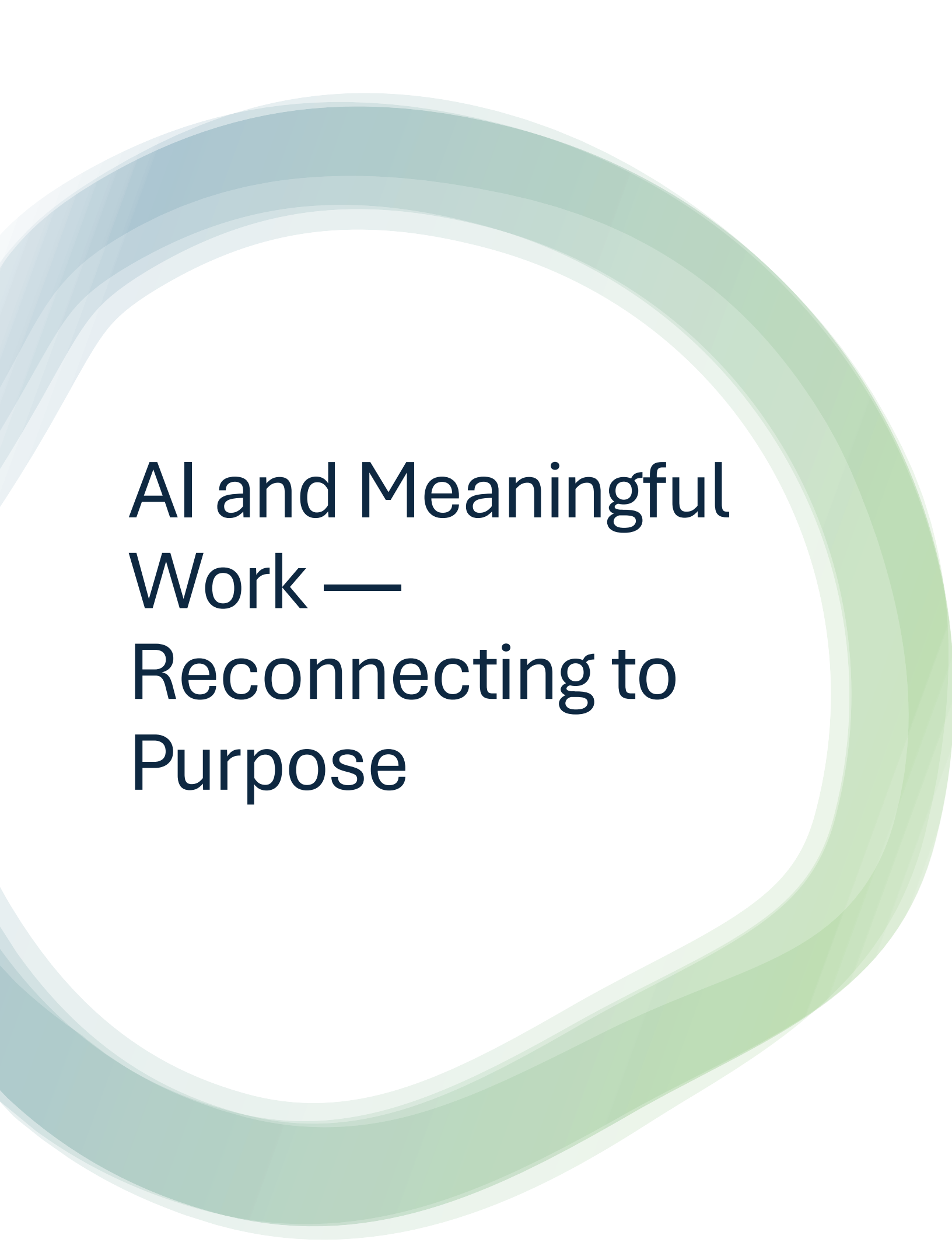
The Drivers



AI and Meaningful Work — Reconnecting to Purpose

- Shifts focus to impact and contribution
- Increases alignment between work time and personal values
- Supports reflective practices that help people notice meaning and progress
- Strengthens identity and role clarity, especially during change
- Reinforces a sense of usefulness, relevance, and belonging





AI and Meaningful Work — Reconnecting to Purpose

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- **Reinforces a sense of usefulness, relevance, and belonging**

The Bridge: Navigating the Learning Curve

Courage is not the absence of fear, but the willingness to learn despite it.




Psychological Safety

Safe Learning Environments require:

- Permission to say 'I don't know'.
- Respect for neurodivergence and different pacing.

Moving from 'Overwhelmed by Tech' to 'Augmented by Tech'.



Employee
Assistance
Program:
AllOne
Health

- **Mental Health (3 free sessions)**
- **Life coaching**
- **Financial consultation**
- **Legal consultation**
- **Life management**
- **Personal assistant**
- **Medical advocacy**
- **Member portal & app**

855-RSL-HELP (855-775-4357)

<http://allonehealth.com/reliance-matrix> Company Code:
RSLI859



The Metric That Matters: HRV

Listening to the subtle signals of your nervous system.

If you track one thing, make it Heart Rate Variability (HRV). It is the variation in time between heartbeats.

- **High HRV:** Indicates a state of “Rest and Digest.” You are resilient and ready to tackle complex challenges.
- **Low HRV:** Indicates “Fight or Flight.” Your system is stressed, fighting illness, or fatigued.

Low HRV
(Stress)



Fight or Flight

High HRV
(Resilience)

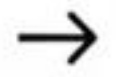


Rest and Digest

The AI Advantage

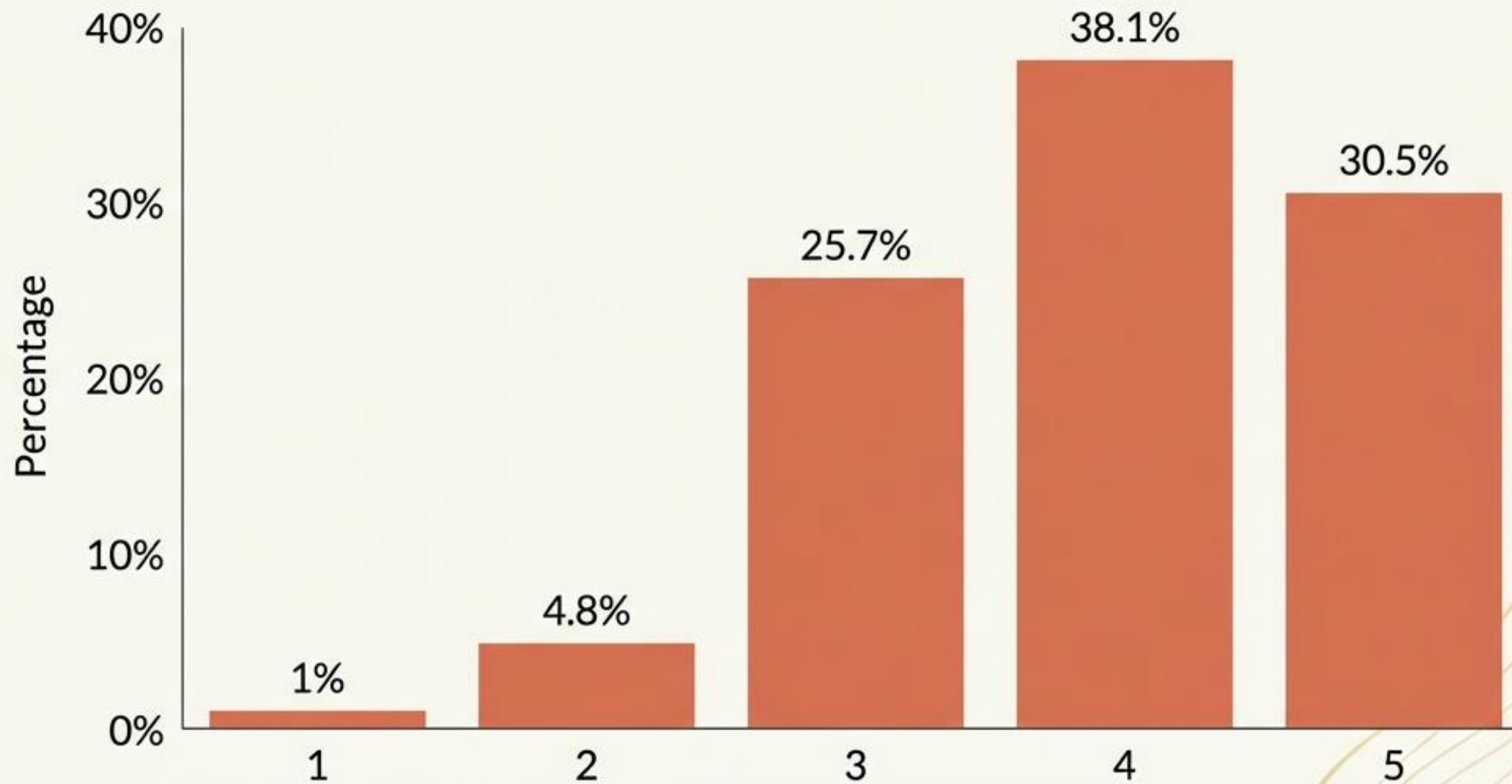
AI algorithms analyze your baseline over weeks. If your HRV drops suddenly, the AI alerts you that you may be getting sick or approaching burnout—often days before you feel symptoms.

The Human Side of AI



How comfortable are you with adapting to new technologies or changes in your workflow?

105 responses



The Paradox: We Want Relief, But We Fear the Curve

Desire for Efficiency



Top Requested Topics:
Workflow Simplification
& Stress Management



The Opportunity:
Bridging the gap
between the desire
for a lighter
workload and the
hesitation to adopt
the tools that can
provide it.

Digital Hesitation



Comfort with New Tech:
Mixed (Majority rated
3/5 or 4/5)

Qualitative feedback
cites "Overwhelm" and
"Time Constraints".

Workflow as Wellness: The Efficiency Case Study

The Challenge

Susan Frew
Operations



Manual scheduling,
rote tasks,
operational drag.

The Solution

AI Implementation

Custom GPTs +
Automated Scheduling

Saved \$150,000 / Year

Hundreds of hours reclaimed for
strategy and life.

Application for Kishwaukee: Automating rote tasks (grading, scheduling) directly correlates to “Job Satisfaction”—a top desire in your survey.

Tools for Informed Communication

A digital coach for your inbox and your meetings.

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Not just for spellcheck. Use the "Tone Detector" to adjust your writing for "Empathetic," "Professional," or "Friendly."

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Poised



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The #1 Request: Workflow Simplification

Automating the mundane to elevate the meaningful.



The survey was clear: You want to simplify. When we use AI to handle the “drudgery,” we free up brain space for “Deep Work”—the creative, human-centric work that fuels job satisfaction.

3 Immediate Wins

- 1. The Meeting Wrap-Up:** Use Zoom AI Companion or Otter.ai to transcribe and summarize meetings. Stop taking minutes; start engaging in the conversation.
- 2. The 'Blank Page' Problem:** Use ChatGPT or Copilot to draft the structure of a syllabus, email, or report. Edit it (don't just copy it) to save 80% of the effort.
- 3. Scheduling:** Tools like Reclaim.ai block out time for YOU based on your priorities, defending your lunch break and focus time automatically.

BREAK: 11:15-11:30 AM CST

