



Professional AI Coaching

Applied Skill Development and Leadership Growth

One-on-one coaching engagements designed to help professionals recognize AI integration opportunities, navigate ethical considerations, and build confidence in AI decision-making.

The Challenge

Many professionals understand AI's potential but struggle to identify meaningful use cases, evaluate risks, or lead adoption within their teams. Generic training cannot address individual roles, organizational politics, or ethical gray areas. Without personalized support, AI adoption remains shallow or stalled.

Service Overview

Our Professional AI Coaching offers individualized, conversational sessions that help employees and leaders think critically about AI in their specific context. Rather than lecturing, we facilitate discovery using proven behavior-change and adult-learning approaches. Coaching supports thoughtful integration, sound judgment, and leadership development in an AI-enabled workplace.

Key Benefits

- Build genuine confidence through guided discovery, not prescribed answers
- Develop independent judgment for navigating AI decisions after coaching ends
- Address role-specific challenges that group training can't personalize
- Create psychological safety to explore uncertainty without fear of judgment

Core Outcomes

- Clear identification of AI opportunities within individual roles
- Stronger decision-making around responsible AI use
- Improved ability to lead or influence AI adoption
- Sustainable skill growth that continues beyond sessions

Why The Jonesi Consultancy

Most AI coaching teaches tools. We develop judgment. Our clinical training in Motivational Interviewing means we know how to help people change—not through pressure, but through guided self-discovery. Participants leave not just knowing how to use AI, but trusting their own ability to figure it out.

How It Works

- 1. Assess:** We begin with an intake conversation to understand the participant's role, goals, and current comfort level.
- 2. Engage:** Regular coaching sessions focus on real challenges, guided reflection, and building independent judgment.
- 3. Apply:** Between sessions, participants apply insights to their actual work with lightweight accountability.
- 4. Evolve:** Over time, coaching shifts from exploration to refinement as confidence grows.

Coaching Tiers

We offer two coaching cadences to match your team's needs and pace of adoption.

Monthly Insight Track

This coaching level provides structured, reflective support to help professionals develop confidence and sound judgment around AI use in their role. Sessions are conversational and exploratory, using Motivational Interviewing and Socratic questioning to surface insights, clarify ethical considerations, and identify realistic opportunities for AI integration. The emphasis is thoughtful adoption, not speed.

Intended For: Managers, emerging leaders, and professionals who want to build AI intuition and decision-making confidence without feeling rushed or overwhelmed. Best suited for individuals early in adoption or those navigating AI alongside other leadership responsibilities.

What's Included:

- Personalized, one-on-one coaching sessions tailored to role and goals
- Guided identification of AI use cases relevant to daily work
- Ethical reasoning frameworks for responsible AI decision-making
- High-level implementation and change-management thinking
- Structured reflection worksheets and light between-session support

1 hour per month (1 × 60-minute session)

Bi-Weekly Integration Track

This coaching level provides higher-touch, faster-paced support for individuals actively leading or influencing AI adoption. Sessions move beyond exploration into applied strategy, iteration, and problem-solving as AI becomes embedded in real workflows and team dynamics. The focus is accelerating confidence, clarity, and leadership effectiveness.

Intended For: Managers, team leads, and senior contributors responsible for guiding others through AI adoption or translating AI potential into operational reality. Best for roles where AI decisions carry organizational, ethical, or political weight.

What's Included:

- Bi-weekly personalized coaching sessions
- Deep exploration of role-specific AI opportunities and constraints
- Ethical reasoning applied to real organizational scenarios
- Implementation strategy development and change-management planning
- Ongoing support between sessions as new questions and challenges arise

2 hours per month (2 × 60-minute sessions)

Coaching engagements are subscription-based with a minimum 3-month commitment to allow sufficient time for meaningful development. Sessions are conducted virtually via video conference.

Ready to get started? [Contact us at info@jonesi.us](mailto:info@jonesi.us)

