

Dennis Alter

Achtsamkeit in Unternehmen

Mindfulness and AI: The future lies in conscious human beings

Machines are learning at a rapid pace – but do we really understand what they are doing? Artificial intelligence can do many things, but it remains a tool. How we humans deal with it is crucial. This requires two things: knowledge about AI in order to understand its mechanisms and limitations, and mindfulness in order to consciously decide when technology serves us and when it controls us. Those who combine both will not be replaced by AI, but will actively shape the future.

On 23 October from 11:30 a.m. to 1:00 p.m., Dennis Alter, trainer for mindfulness, stress management and team development, will give a tutorial on how further education and awareness make humans truly super-intelligent – and why AI can never replace humanity.