

HUMAN-CENTERED ADOPTION OF AI IN THE MODERN HEALTHCARE AND LIFE SCIENCES ENTERPRISE: TRANSFORMATION AT THE CUSP OF THE 4TH INDUSTRIAL REVOLUTION

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AUGMENTED MENTAL WELLNESS IS
LLMental.ai



ABOUT

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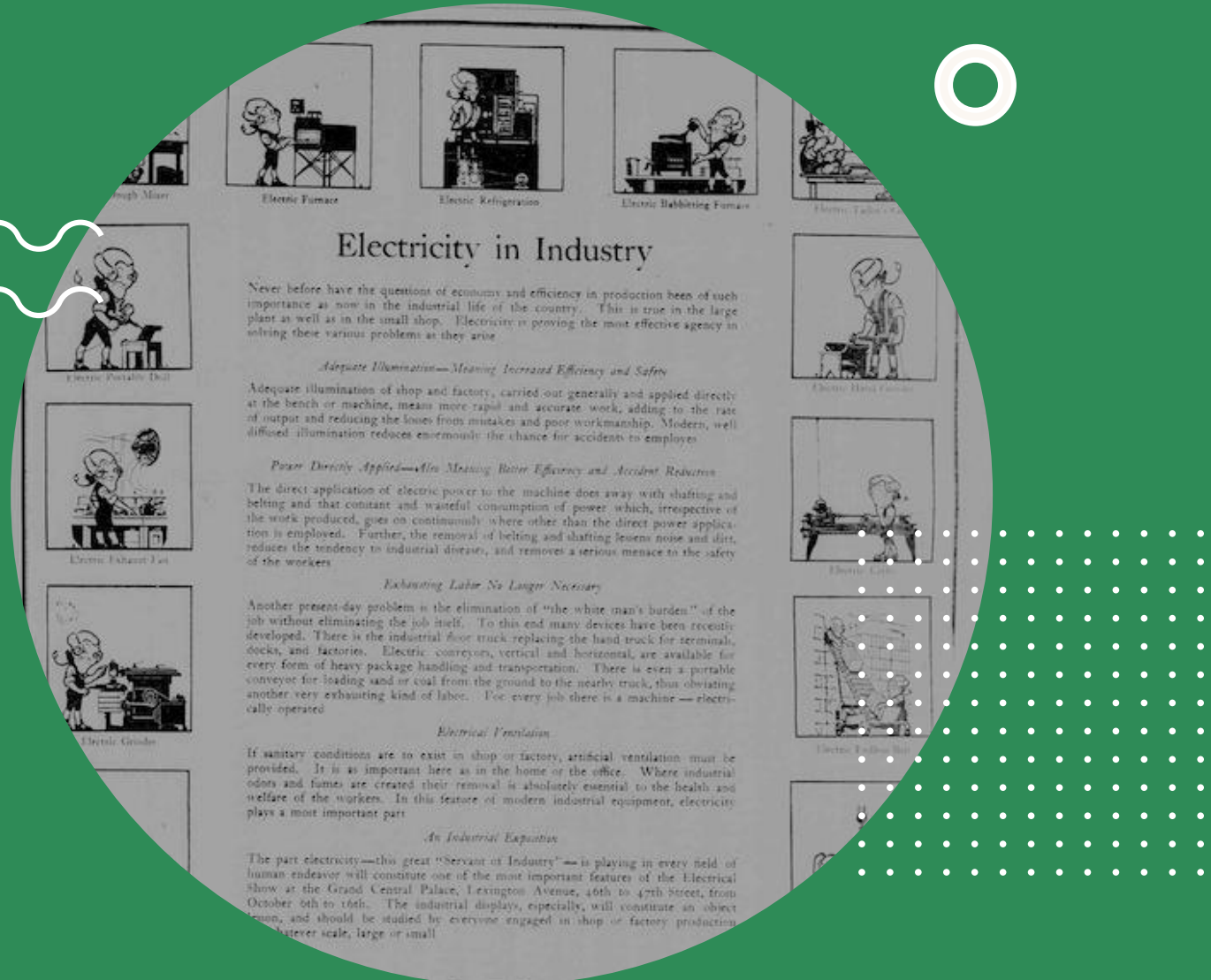
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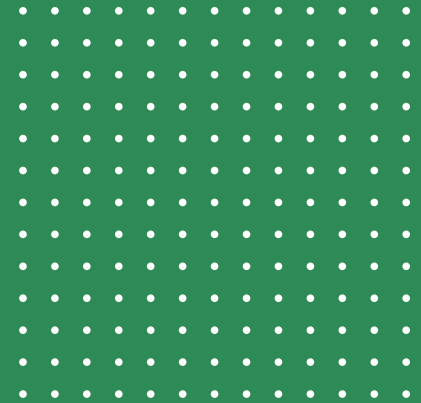
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Mental Health and
Wellbeing BERG

CLOSE YOUR
EYES AND
IMAGINE IT IS
1885

IT SEEMS
CRAZY NOW,
BUT 140 YEARS
AGO, OUR
FOREBEARS
DIDN'T RUSH
TO ADOPT
ELECTRICITY



NOW, IF YOU
WERE TO
RESIST USING
ELECTRICITY
(AT WORK, OR
AT HOME),
YOU'D BE THE
CRAZY ONE!

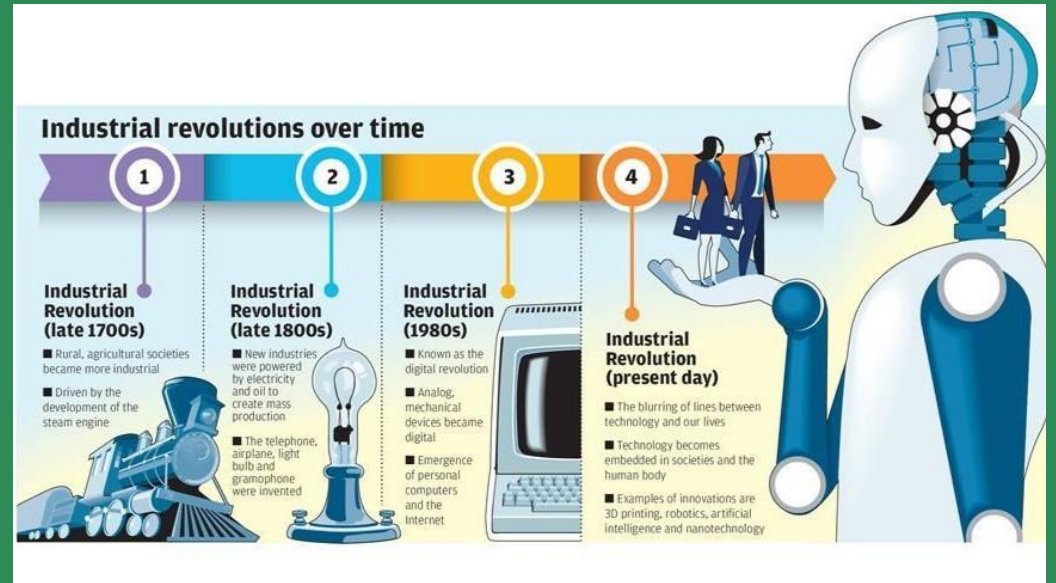


WHAT CHANGED?

THE VAST MAJORITY OF
“ELECTRICITY PROMOTION”
INITIATIVES WERE TECHNOLOGY-
FOCUSED, NOT BASED ON HOW
HUMANS WOULD BENEFIT

“THE ONLY SOURCE OF HUMAN
KNOWLEDGE IS EXPERIENCE” -
ALBERT EINSTEIN

HARD TO
IMAGINE LIFE
WITHOUT
ELECTRICITY, A
NEW
INDUSTRIAL
REVOLUTION IS
UPON US



WHY AREN'T
HEALTHCARE
AND LIFE
SCIENCES
DOING A
BETTER JOB
ADOPTING AI?

“The adoption of generative artificial intelligence by modern enterprise is not digital transformation: IT’S HUMAN TRANSFORMATION”

CONOR GRENNAN
*CHIEF AI ARCHITECT, NYU STERN
SCHOOL OF BUSINESS*



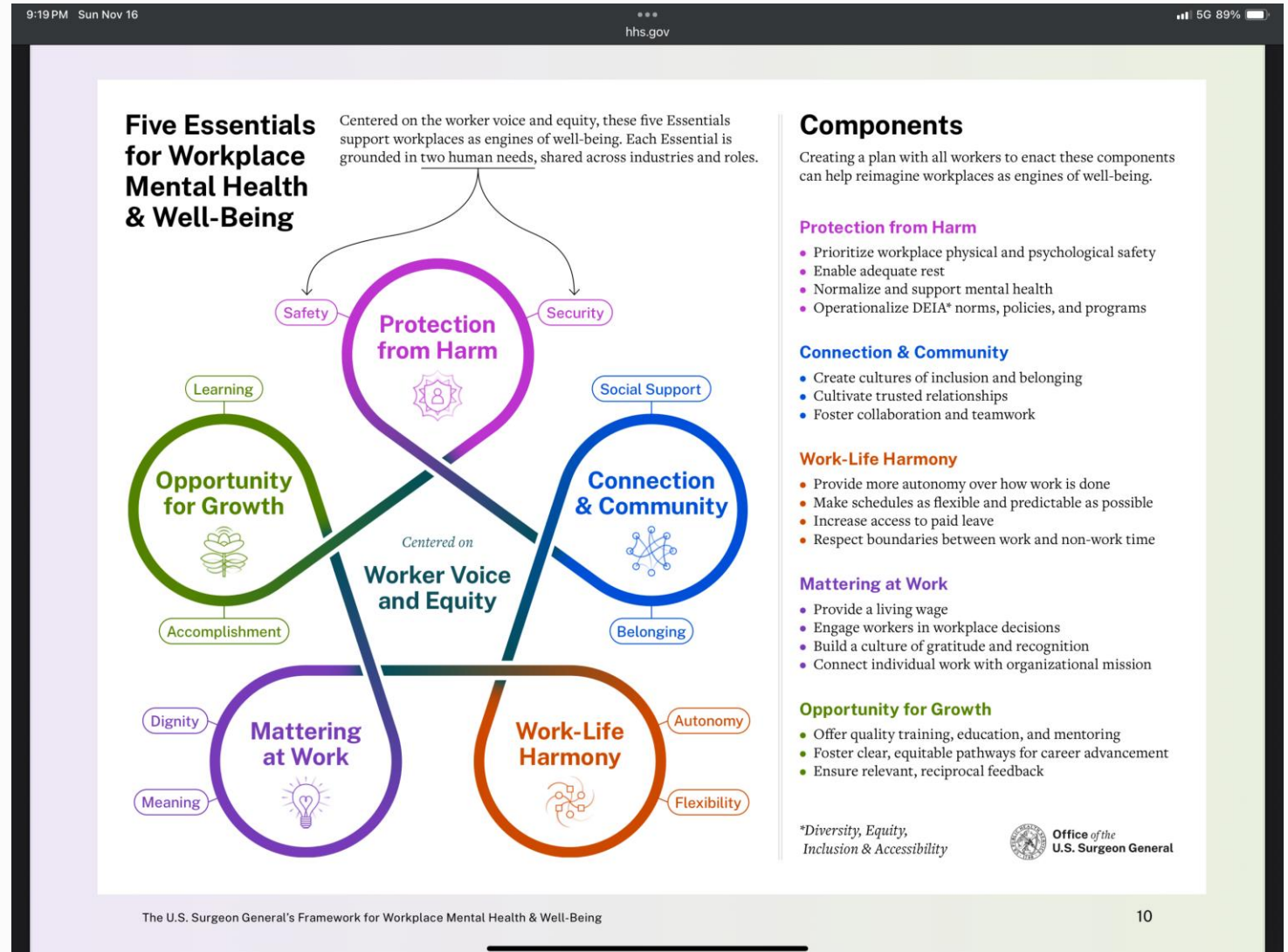
What skills
matter for
humans in
the age of AI?

Top 10 Life Skills Recommended by WHO



Build Communities to Empower
Knowledge Sharing across the Globe

Surgeon General's Report on Workplace Mental Health



Thriving on Overload: 5 forces

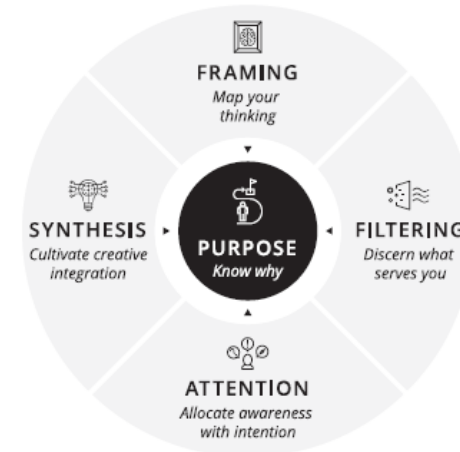
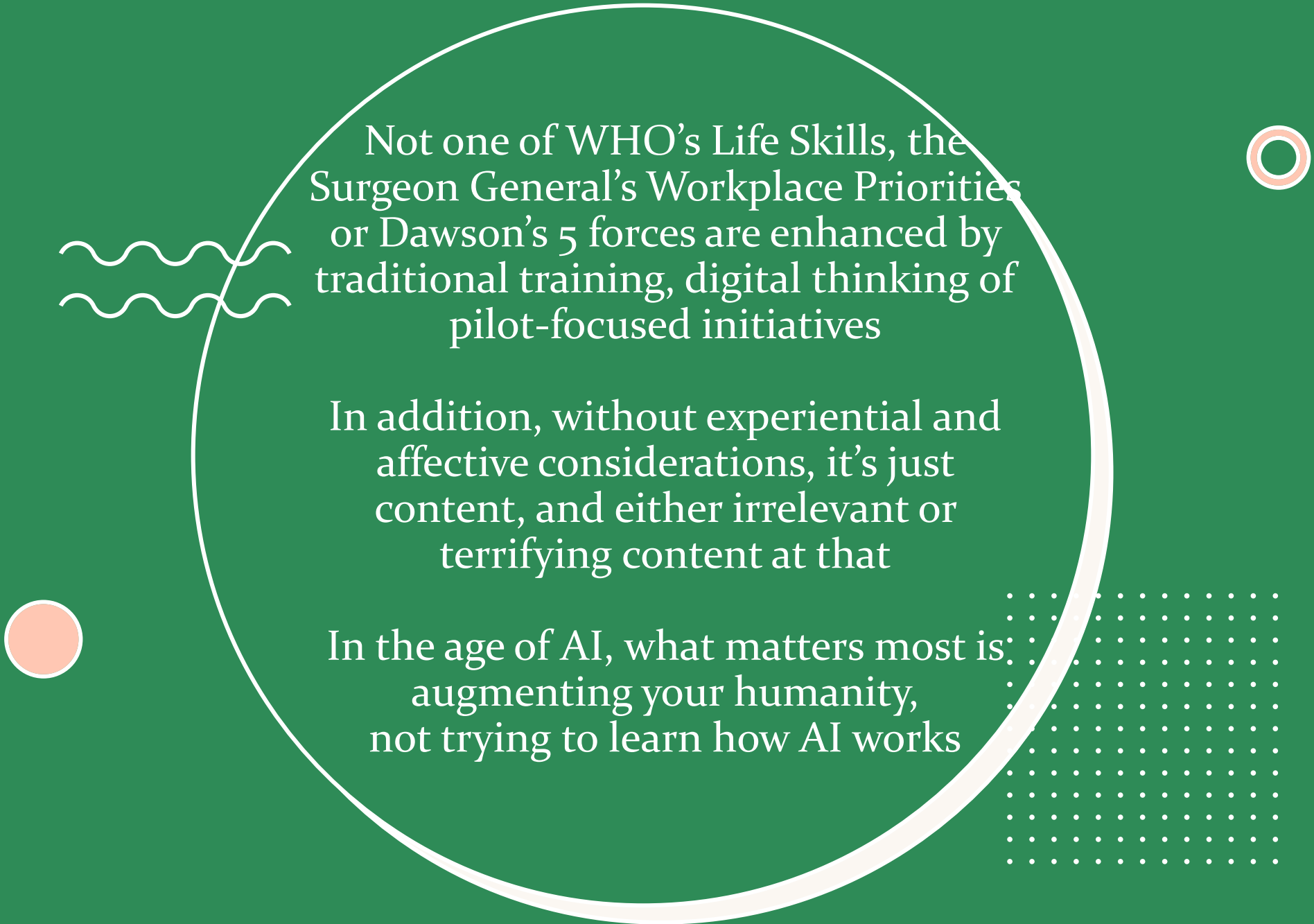


FIGURE I.1 The Five Powers of Thriving on Overload

we are keeping up with its ceaseless flow. Understanding our purposes for engaging with information shapes the *how* of our habits and daily practices.

There are six spheres of our life where we should consider our purpose for engaging with information: identity, expertise, ventures, society, well-being, and passions. The objective is not to come up with a fixed purpose. It is better to frame our information quests as journeys to help us refine our intentions and discover our path.

For many of us, the selection of our areas of expertise defines our career, life, and potential to contribute. As participants in society, we need to choose what news is relevant, who matters to us, and what we need to know to have a positive impact. In Chapter 1 you will consider your various purposes to guide you to an improved relationship to information and greater clarity on your path.



Not one of WHO's Life Skills, the Surgeon General's Workplace Priorities or Dawson's 5 forces are enhanced by traditional training, digital thinking of pilot-focused initiatives

In addition, without experiential and affective considerations, it's just content, and either irrelevant or terrifying content at that

In the age of AI, what matters most is augmenting your humanity, not trying to learn how AI works

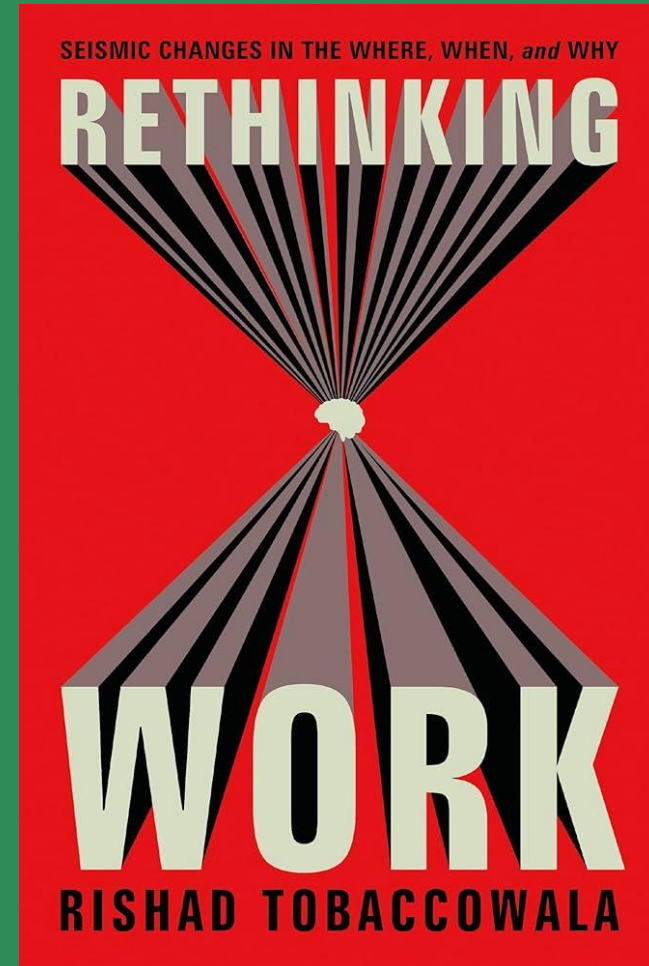
“It is **HARD** to get a man to understand something when his *salary depends on him not understanding it*”

UPTON SINCLAIR

AMERICAN AUTHOR, MUCKRAKER, AND POLITICAL ACTIVIST



WHAT DO WE NEED TO RETHINK?



This is not OPTIONAL. It is EXISTENTIAL

*“By 2030, there will only be two types of companies,
1) enterprises that have FULLY
TRANSFORMED THEIR PEOPLE WITH
GENERATIVE AI 2) THOSE THAT HAVE
GONE OUT OF BUSINESS”*

*PETER DIAMANDIS,
FOUNDER, X PRIZE, SINGULARITY
UNIVERSITY*

CO-FOUNDER, ED MENTAL WELLNESS
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From Scarcity and Fear To...



The human “**default mindset**” wired into our brain 100,000 years ago is **fear** and **scarcity**. It’s time for a mindset upgrade...

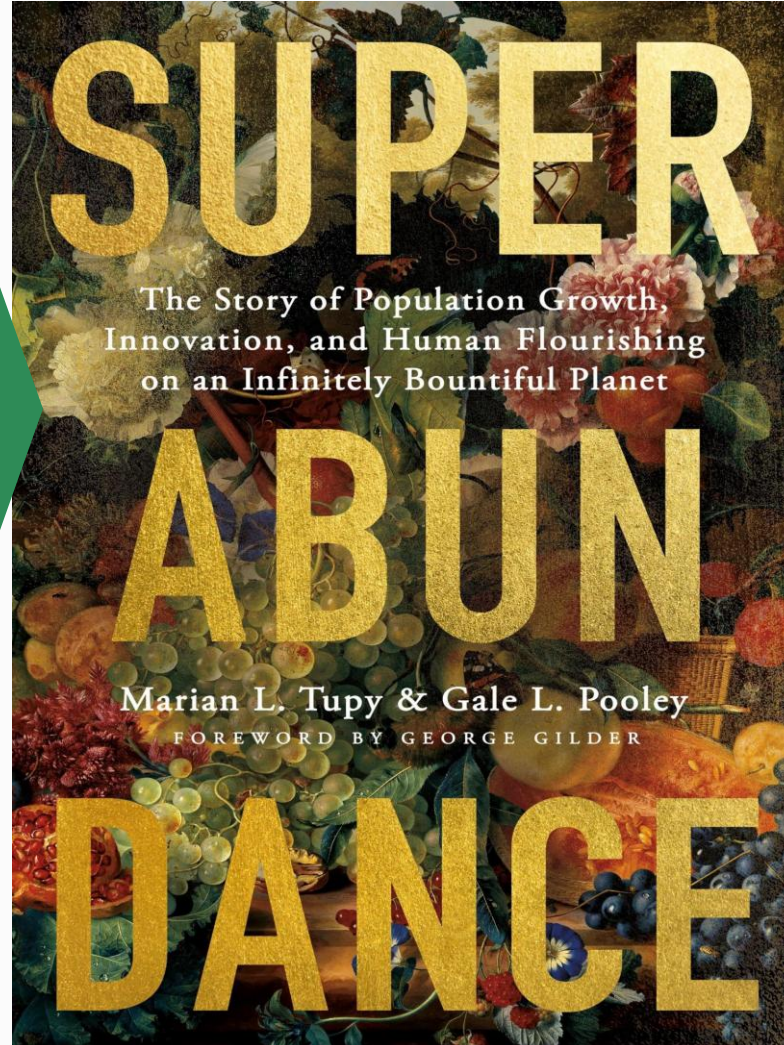
*Peter Diamandis, Founder,
X Prize, Chairman of Singularity University*

GOAL

MINDSET

If the era of scarcity is ending, what replaces it?

Now, we're entering a whole new world, and with it, a whole new set of hopes and possibilities..
a world of...



~~all things in moderation~~

~~too much of a good thing~~

~~drown in the sea of plenty~~

GOAL

MINDSET

THE WORLD IS SO FULL OF
WONDERFUL THINGS WE
SHOULD ALL, IF WE WERE
TAUGHT HOW TO
APPRECIATE IT, BE FAR
RICHER THAN KINGS.” —
ASHLEY MONTAGU

THE PROMISE OF ABUNDANCE

WHAT BENEFITS DOES
ABUNDANCE ACCRUE FOR
THE WORKER?

FROM SURVIVAL

TO THRIVAL

Our Vision: Thrival > Survival

Hype/Talk →

**Hope/
Awareness →**

**Help/
Action →**

**Higher/
Transformation
→**

**Healthy
/Thrival**

- We help organizations convert 4IR disruption into measurable human capability growth
- Transformation should renew, not deplete
- Guided by our philosophy and repeatable, scalable human-centered frameworks
- Thrival>Survival

WHAT BENEFITS DOES
ABUNDANCE ACCRUE FOR
CLIENTS/PATIENTS/CUSTOM
ERS?

REDUCED DISEASE

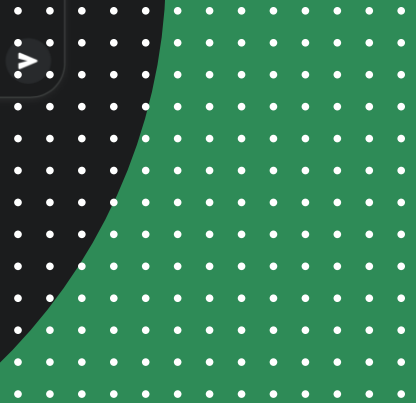
LOWER COSTS

STRONGER RELATIONSHIPS

CLOSE YOUR
EYES AND
IMAGINE IT IS

11-18-28

LETTER FROM YOUR FUTURE SELF





Gemini

Invite a friend

PRO



I'd like to write myself a letter from my future self congratulating me on taking the steps to transform my work and life



Show thinking ▾

This is a powerful exercise in perspective. It helps bridge the gap between the "messy middle" of transformation and the eventual reward.

Below is a template for this letter. I have written it to be universally applicable to major life pivots, but specific enough to feel personal.

A Letter From Your Future Self

Date: [Insert a date 3–5 years from now] **Location:** [A place where you feel at peace]

Dear [Your Name],

I am writing to you from the other side of the bridge.

I know exactly where you are right now. I remember that specific mix of exhaustion and



Gemini

Invite a friend

PRO



I am writing this to tell you one thing: **You were right.**

You were right to listen to that quiet voice that said, "There must be more than this." You were right to bet on yourself when the odds looked murky to everyone else.

Here is what I want you to know about our life now:

- **The Work:** We aren't just "busy" anymore; we are impactful. The friction you feel right now—the struggle to set up new systems, the fear of putting your true self out there—it paid off. We wake up doing work that feels like an extension of who we are, not a performance we put on for others. The problems we solve today energize us rather than drain us.
- **The Life:** The noise has settled. Because you were brave enough to set boundaries and redefine success, we actually have time to breathe. The anxiety of "keeping up" has been replaced by the steady confidence of "being aligned."
- **The Pride:** When I look in the mirror, I see someone who didn't settle. That is the greatest gift you gave me. You endured the uncertainty so I could enjoy the stability.

I know you are tired right now. I know the to-do list looks insurmountable and the transformation feels slow. But from where I am standing, looking back at you, every single small step you are taking today is laying the foundation for the peace I feel right now.

ALL IS NOT LOST...KNOWING WHAT THE PROBLEM IS HALF THE BATTLE!

- Human-centered transformation in the age of AI is a synergistic solution that enables other ongoing initiatives to be thoughtful, effective, and sustainable
- It begins with an honest assessment of the workplace constraints, challenges, opportunities, and emphasizes psychology, social sciences, and the affective/experiential interventions that shift belief and behavior

Thank You Questions?

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AUGMENTED BRAIN HEALTH

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LINKEDIN

