



# **NU SKIN**

**A.I. MASTERCLASS**

On Woman Army

# PART 1

A.I. in general | Presentation

- 01 INTRODUCTION TO AI**
- 02 THE AI LANDSCAPE**
- 03 APPLICATIONS IN TEXT, IMAGE, VIDEO, AND MUSIC + PROMPTS**
- 04 AI VIDEO**
- 05 THE IMPACT OF AI ON SOCIETY AND THE WORKFORCE.**

# PART 2

A.I. for Nu Skin | Workshop

**06** WHICH AI FOR HR?

**07** PROMPTS PROMPTS & PROMPTS

**08** **PROMPT WORKSHOP**

**09** PROMPT BOOK

**10** QUESTIONS?

**GOAL**

**GOAL**

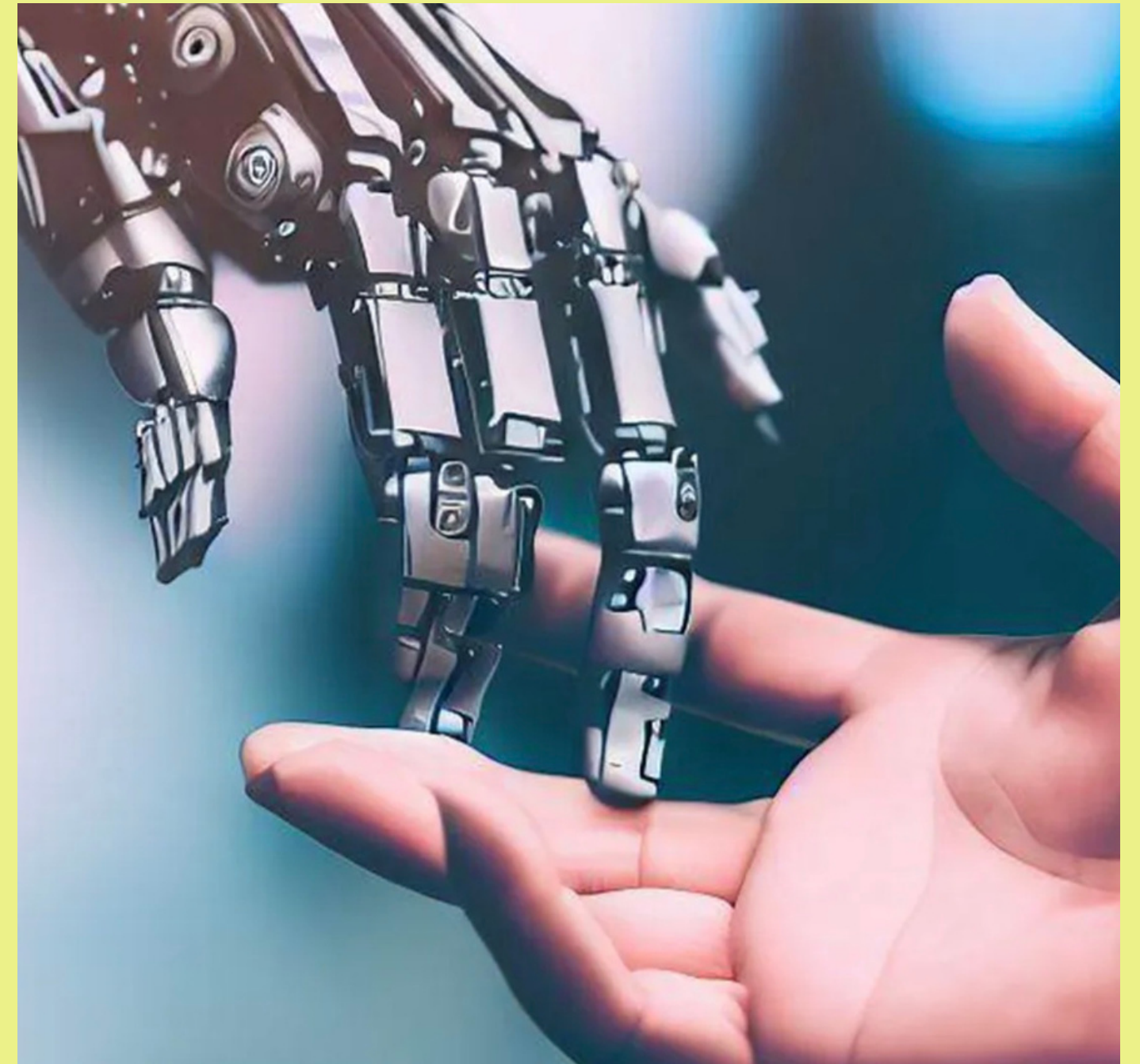
# ABOUT ME

Strategic business coach



# WHAT IS A.I.?

artificial intelligence



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artificial intelligence

## A.I.

Computers, machines or software that mimic the **problem-solving** and **decision-making capabilities** of the **human mind**.

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## NON A.I.

Computers, machines or software that make decisions on **rule-based automations**.

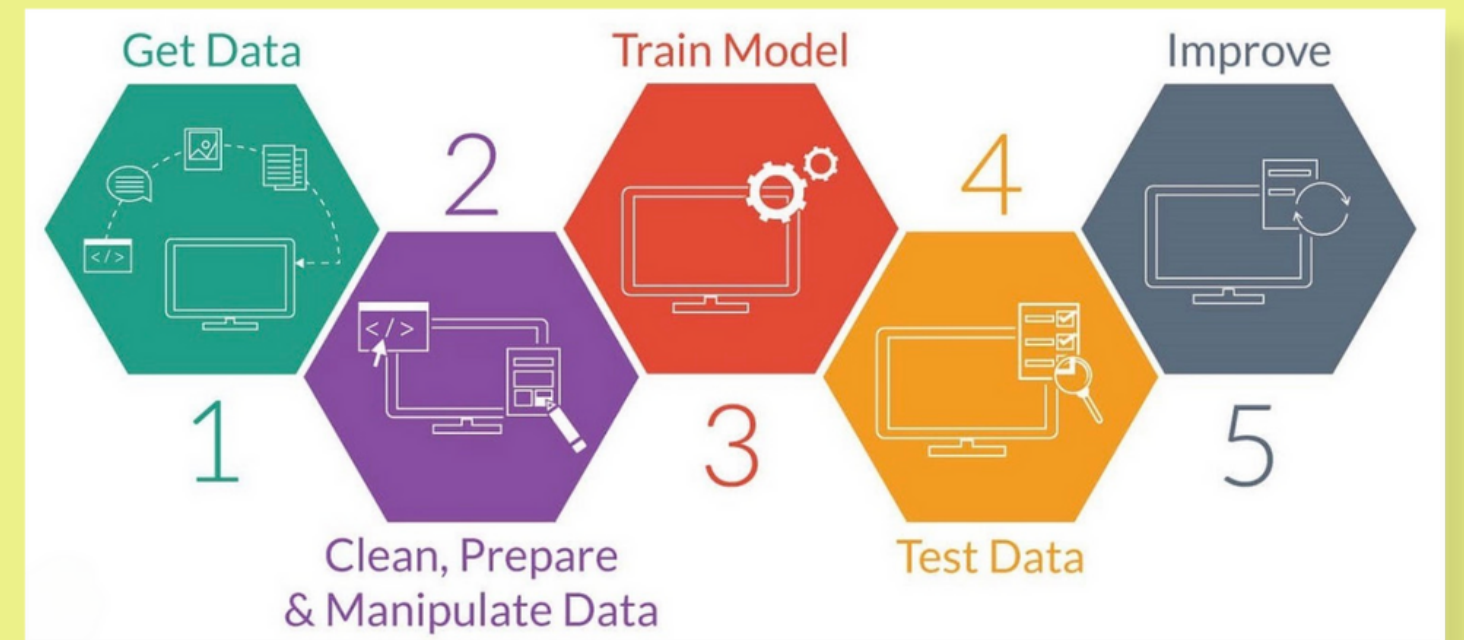
# LET'S TRY



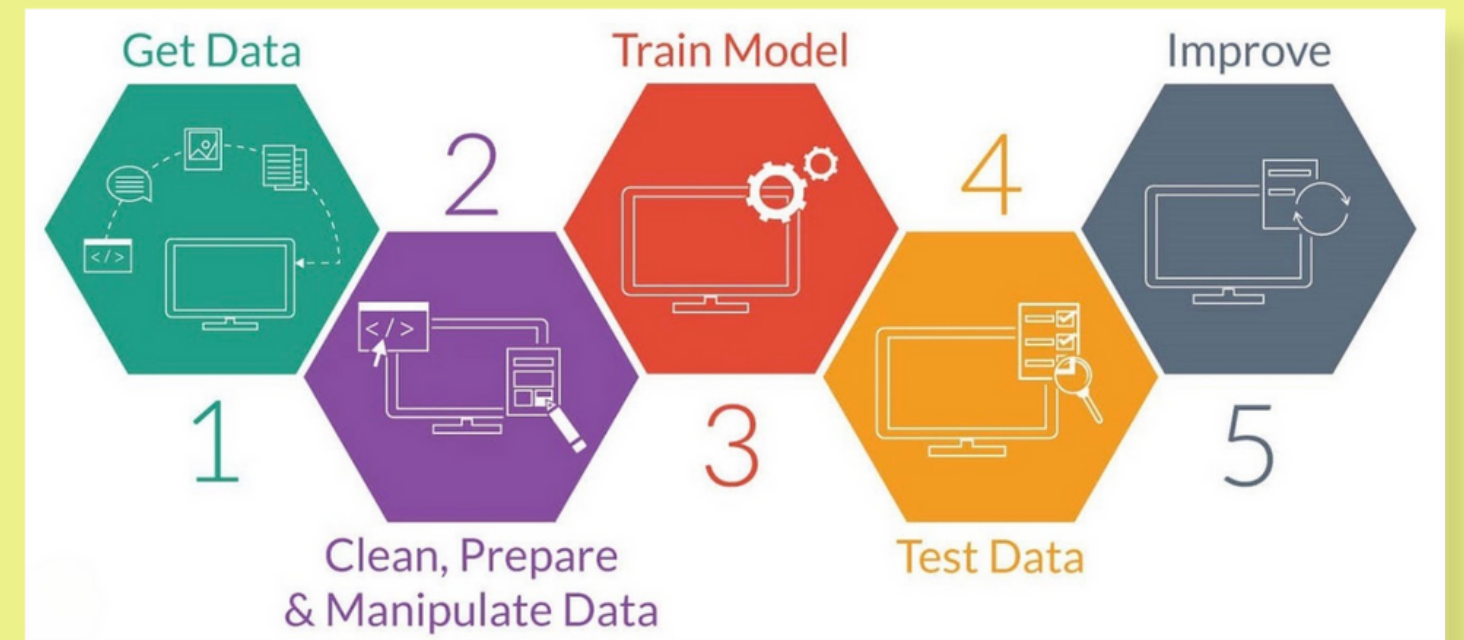
**LET'S HEAR  
THEM**

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THEM**

# HOW IS A.I. CREATED?



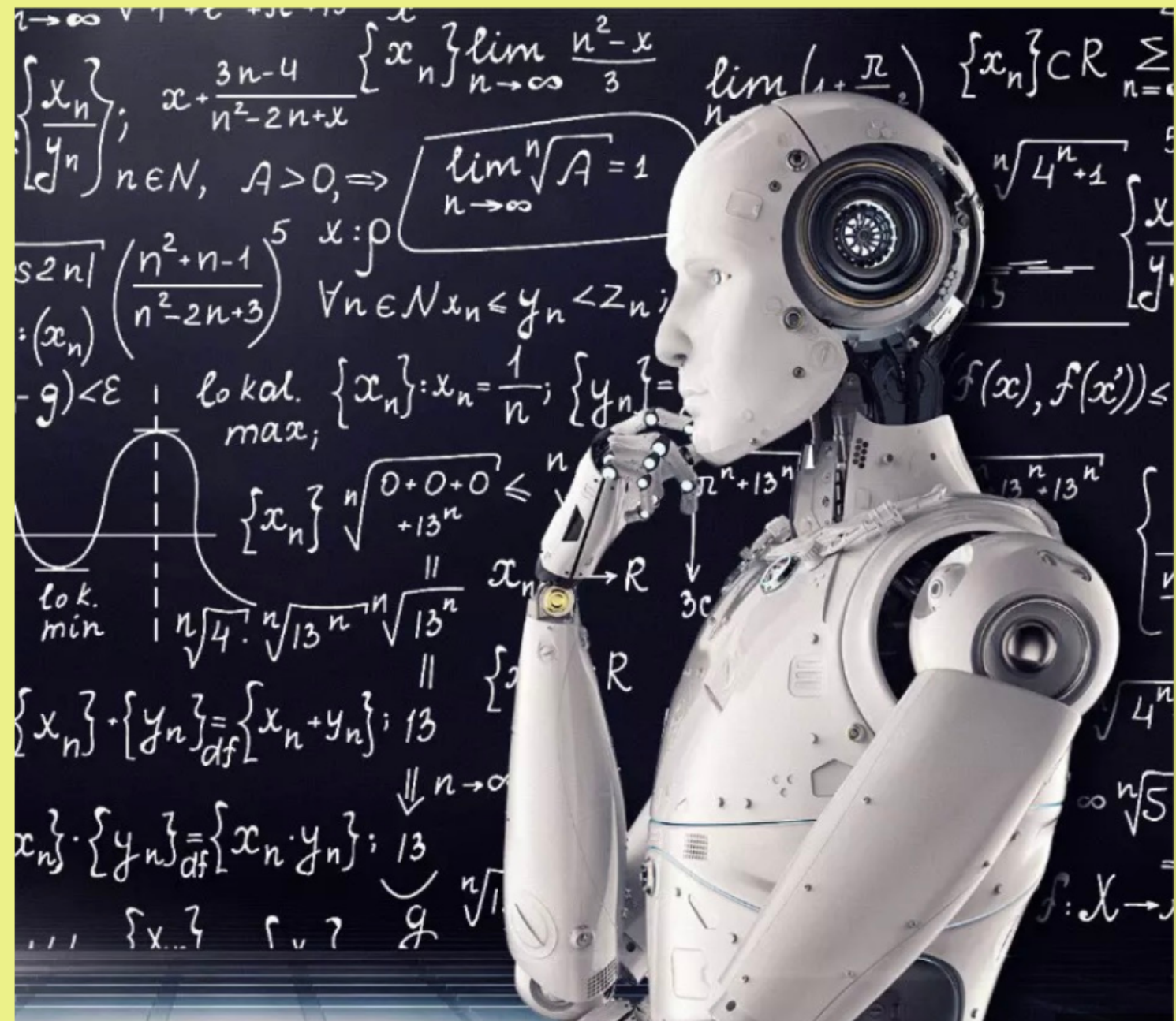
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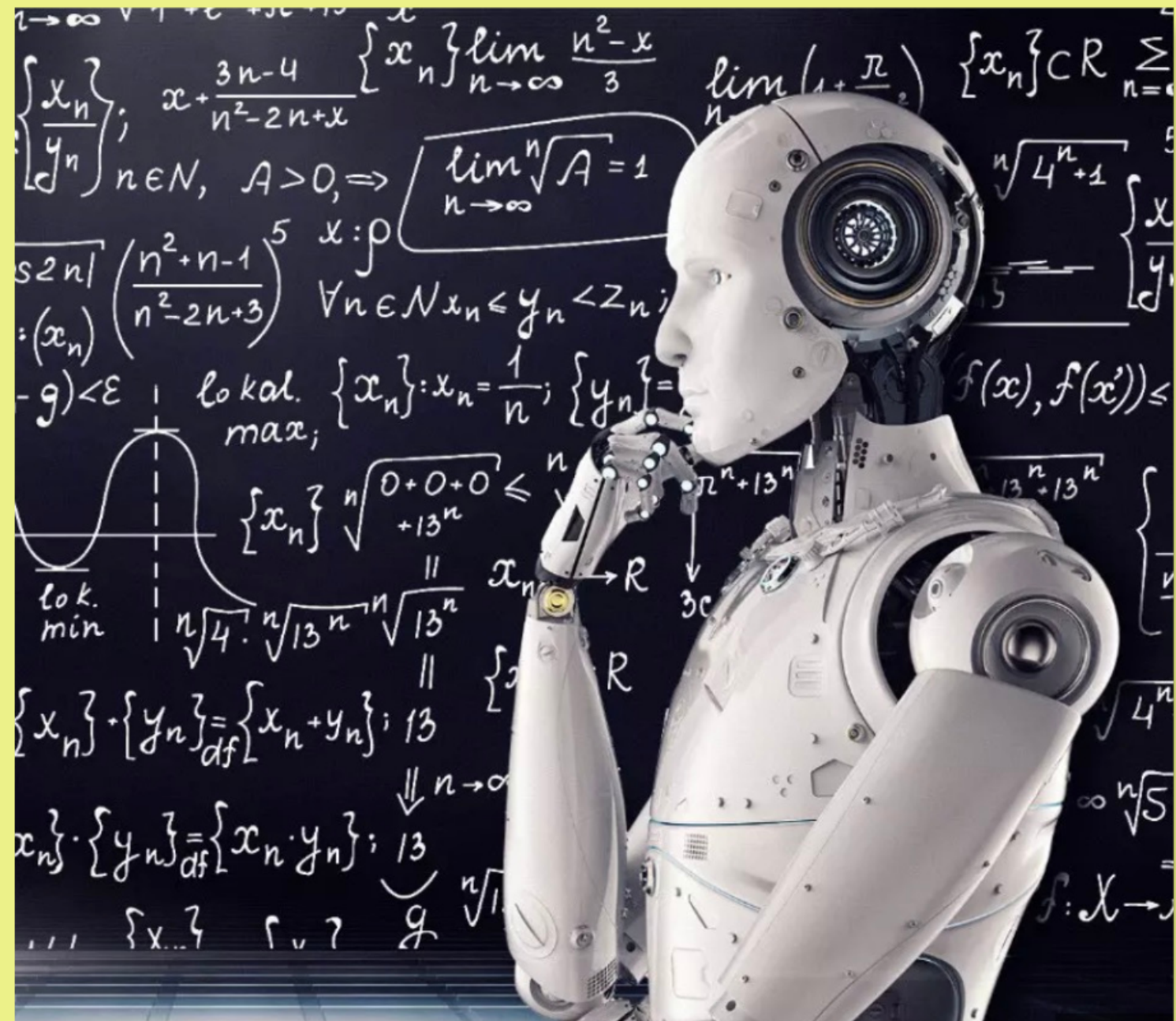
# HOW IS A.I. CREATED?

OpenAI vs Google

# HOW DO WE TALK WITH A.I.?



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**A PROMPT**

# DOES A.I. ALWAYS LEARN?

Artificial Intelligence (A.I.) is computer programs that perform tasks that typically require human intelligence, such as **learning**, reasoning, and problem-solving.

**DOES A.I.  
ALWAYS  
LEARN?**

**DOES A.I.  
ALWAYS  
LEARN?**

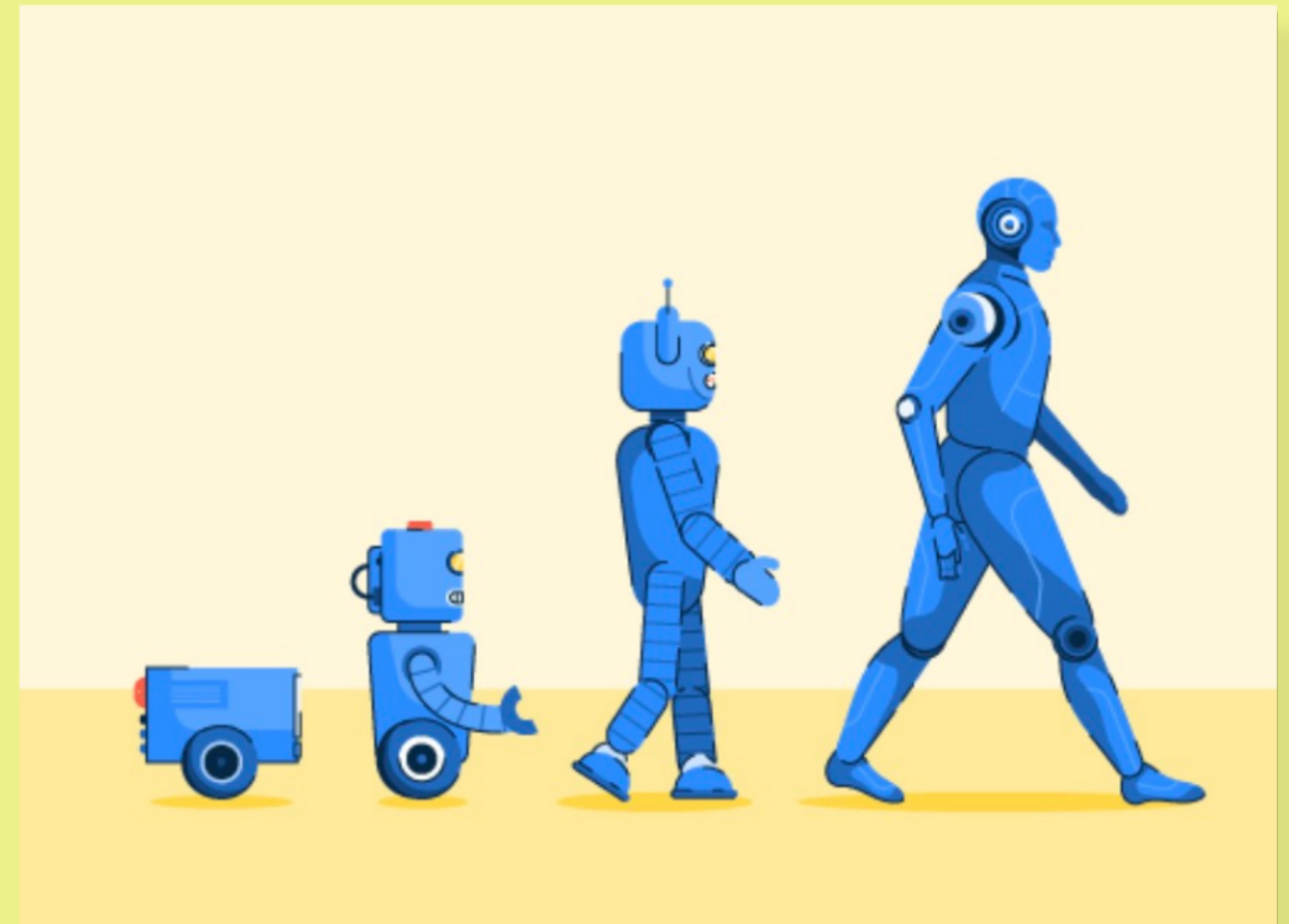
No

**DOES A.I.  
ALWAYS  
LEARN?**

A.I. in medicine to assist in  
making diagnoses

# HISTORY

artificial intelligence



# HISTORY

artificial intelligence

**Logic Theorist** is a computer program written in **1956** (*by Allen Newell, Herbert A. Simon, and Cliff Shaw*).

It was the first program deliberately engineered to perform automated **reasoning**, and has been described as "**the first artificial intelligence program**".

# HISTORY

artificial intelligence

**Logic Theorist (1956):** AI started in 1956 when people made the Logic Theorist, a computer program to solve math problems.

**Early Symbolic AI (1950s-1960s):** After that, researchers used logic and symbols to solve problems with computers, like *puzzles*.

**Expert Systems (1970s-1980s):** In the 1970s and 1980s, they made smart computer programs, called *expert systems*, for things like medical advice.

**AI Winter (1980s-1990s):** But then, from the 1980s to the 1990s, AI slowed down because it was hard to make progress.

**Machine Learning (1990s):** In the 1990s, people started using machine learning to teach computers things like speech and pictures.

**Deep Learning (2010s):** In the 2010s, deep learning with lots of computer layers helped us do better with language and pictures.

**Consumer-Friendly AI (2010s-Present):** Nowadays, we have friendly AI like Siri and Alexa that talk to us, and we can use AI like ChatGPT to help with our questions.

# FUTURE

artificial intelligence

**Ethical and Rules (Today):** People worry about AI being fair and safe. Governments and groups make rules to make sure AI is good for everyone.

**WHAT WE'VE LEARNED SO FAR**

# WHAT WE'VE LEARNED SO FAR

A.I. mimics human intelligence,  
but we can control it by setting frameworks, rules and limitations  
It all started in 1956.

**THEORY LESSON DONE,  
NOW HAVE SOME FUN!**

**A.I. IN 2023**

Do EVERYTHING with text

# A.I. IN 2023

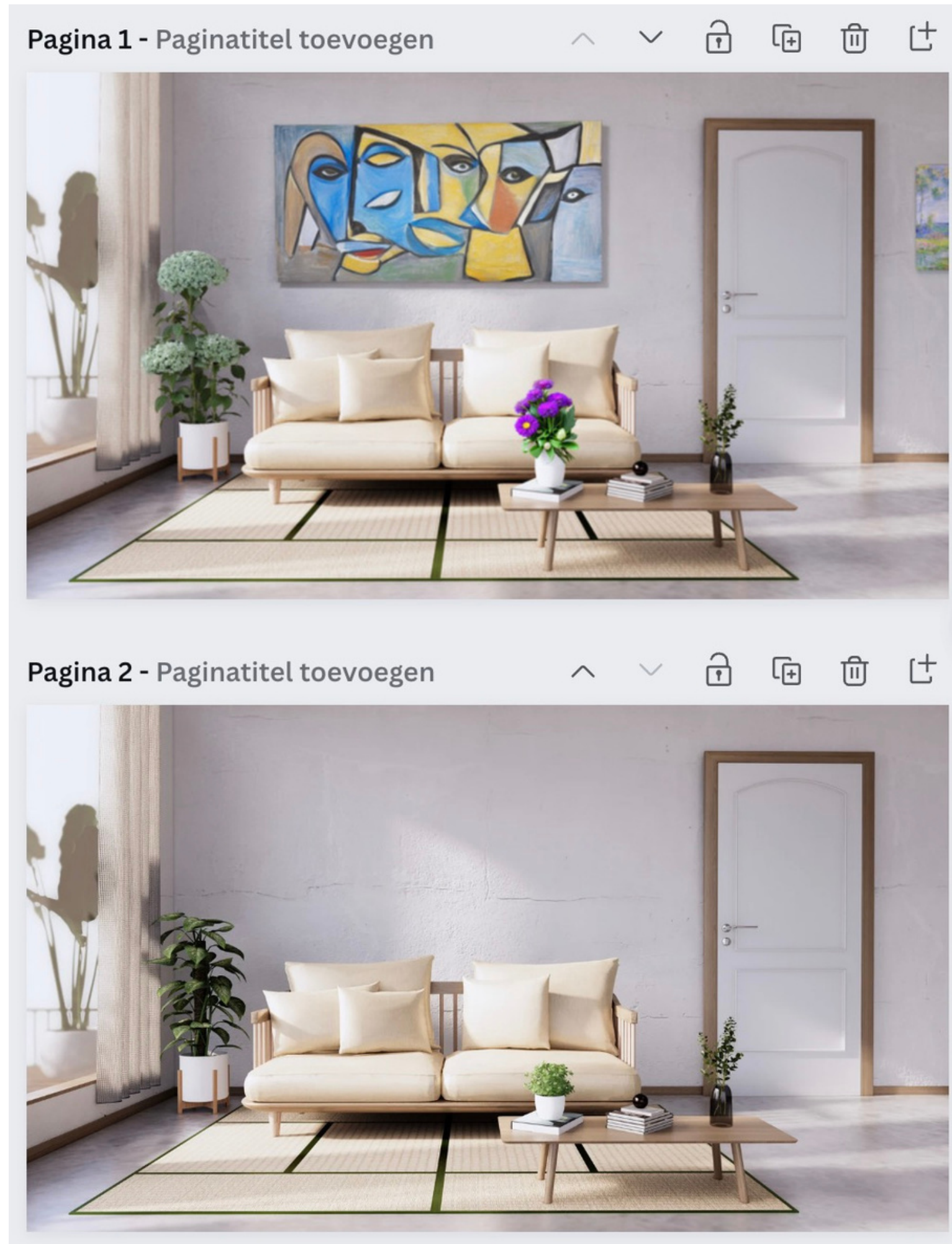
Do EVERYTHING with text

# A.I. IN 2023

Generate images

Do EVERYTHING with text

Generate images



Do EVERYTHING with text

Music

# A.I. IN 2023

Generate images

Do EVERYTHING with text

Music

# A.I. IN 2023

Generate images

Video

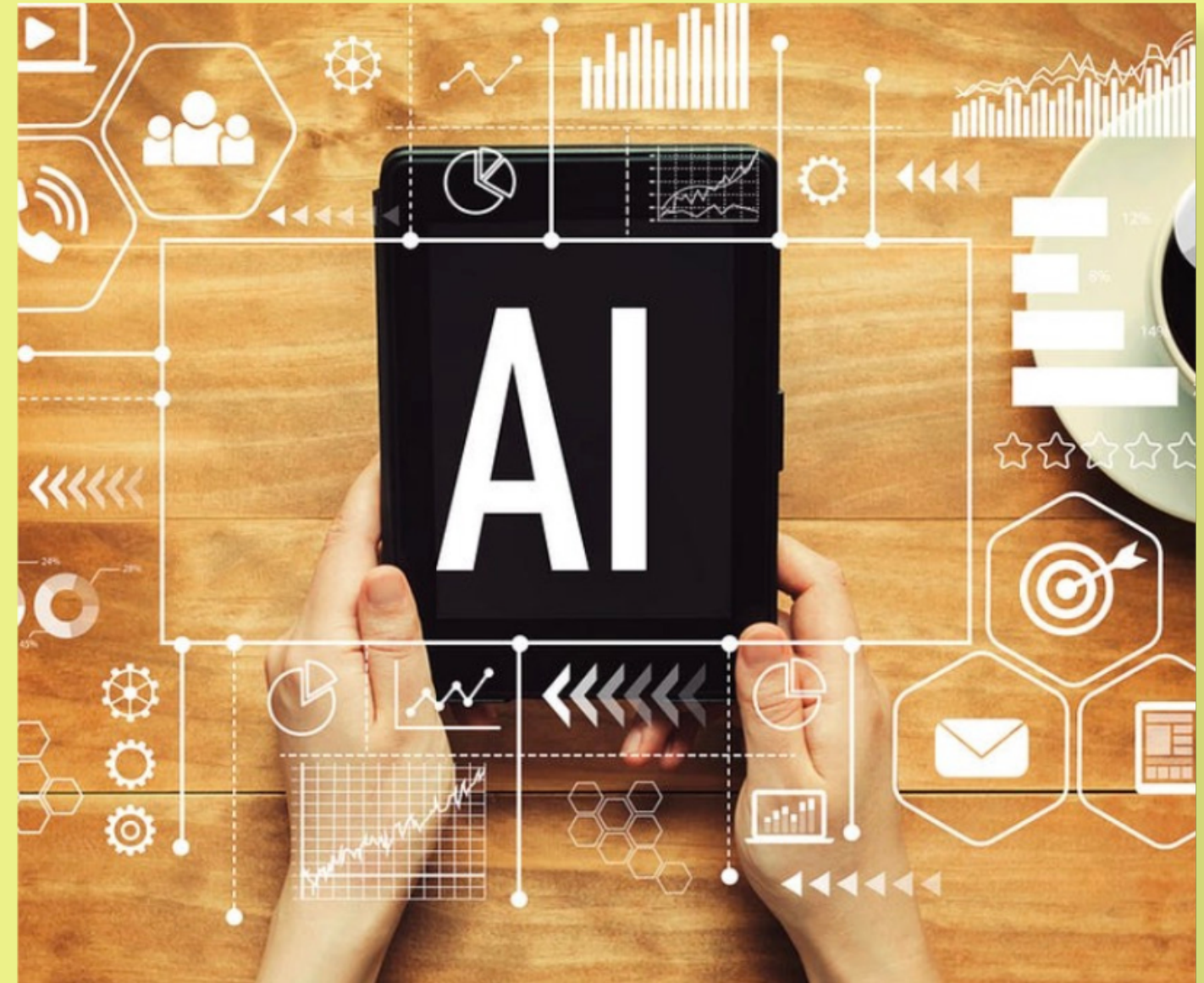
# NOW YOU!

1) Go to: [synthesia.io](https://synthesia.io)

2) Use [YourName@OneWomanArmy.nl](mailto:YourName@OneWomanArmy.nl)

# WHERE IS A.I.?

and where is it not?



# WHERE IS A.I.?

and where is it not?

Smartphones  
Social Media  
Search Engines  
Online Shopping  
Streaming Services  
Email  
Navigation Apps  
Virtual Assistants  
Healthcare  
Banking  
Automotive  
Online Advertising  
Gaming  
Security Systems  
Content Creation  
Education  
Customer Service  
Manufacturing

# **THE IMPACT OF A.I. ON SOCIETY**

# THE IMPACT OF AI ON THE WORKFORCE.



# THE IMPACT OF AI ON THE WORKFORCE.

**01** Automate

# THE IMPACT OF AI ON THE WORKFORCE.

**01** Automate

**02** Less thinking / engery  
/ repetition

# THE IMPACT OF AI ON THE WORKFORCE.

**01** Automate

**02** Less thinking / engery  
/ repetition

**03** Big shift in jobs



# PART 2

A.I. for Nu Skin | Workshop

**06** WHICH AI FOR HR?

**07** PROMPTS PROMPTS & PROMPTS

**08** **PROMPT OFF**

**09** PROMPT BOOK

**10** QUESTIONS?

# A.I. + HR

**WHICH A.I.?**

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**WHICH A.I.?**

# A.I. + HR

**WHICH A.I.?**

**01** How is A.I. made?

# A.I. + HR

**WHICH A.I.?**

**01** How is A.I. made?

# A.I. + HR

**WHICH A.I.?**

**01** How is A.I. made?

**02** Who pays for A.I.?

# A.I. + HR

**WHICH A.I.?**

Microsoft Azure Machine Learning:

IBM Watson Studio

Google Cloud AI

Amazon SageMaker

RapidMiner

Tableau

Python Libraries

OpenAI - GPT

# A.I. + HR

**WHICH A.I.?**

**01** How is A.I. made?

**02** Who pays for A.I.?

# ChatGPT best practices for data security and privacy

01

**Anonimize Personal Data**

*Don't insert sensitive personal information in your interactions.*



05

**Be Transparent**

*Let others know when you're using AI in a conversation, if applicable.*



02

**Stay Legal**

*Understand and adhere to your local laws on data usage.*



06

**Ensure Input Accuracy**

*Input data carefully for more accurate response.*



03

**Limit Data Shared**

*Only input necessary details for your interaction, nothing more.*



07

**Ensure Output Accuracy**

*Always edit all ChatGPT answers to ensure reliability.*



04

**Check for Bias**

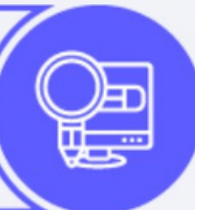
*Stay alert to potential biases in the AI's responses.*



08

**Check Sources**

*ChatGPT sometimes confabulates sources. Always check your facts.*



# CHATGPT + HR

**NU SKIN**

- Make boring tasks less boring
- Make recurring tasks faster and more fun
- Be a better manager / employer
- Make your employees more satisfied, have higher retention rate

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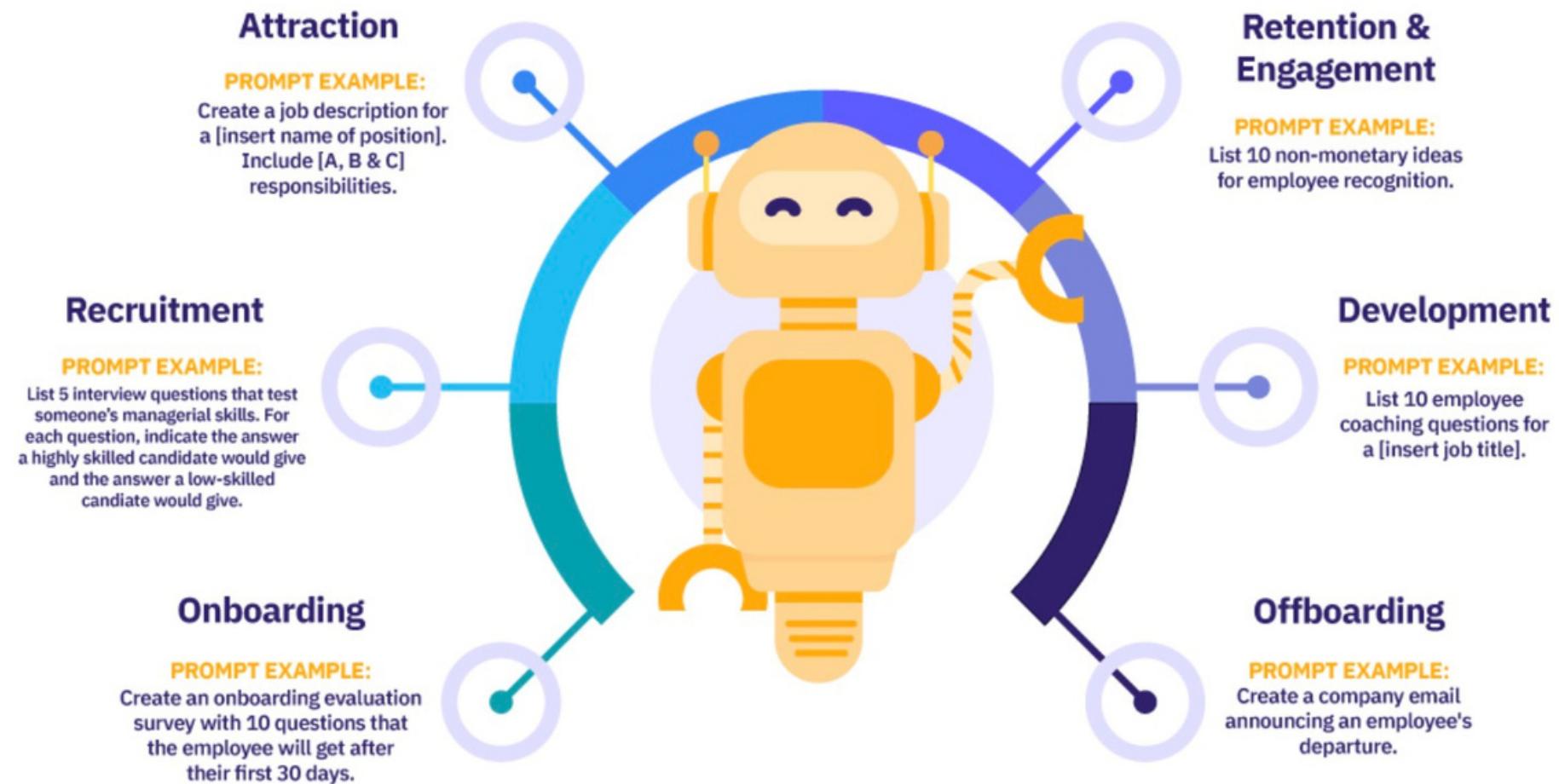
# PROMPTS

**QUALITY IN = QUALITY OUT**

**EVERYONE CAN USE CHATGPT**

**THE DIFFERENCE IS IN CREATIVITY & PROMPTING**

# ChatGPT Prompts for HR



**PROMPTBOOK**

# WRITING STYLE

# CHATGPT

1. **Avoiding Harm:** ChatGPT is programmed to refrain from generating content that promotes harm, violence, hate speech, or any form of discrimination.
2. **No Personal Information:** ChatGPT does not have access to personal data about individuals unless explicitly provided in the conversation. It is designed to respect user privacy.
3. **Ethical Use:** Users are expected to use ChatGPT for ethical purposes and not engage in any activities that violate OpenAI's use-case policy.