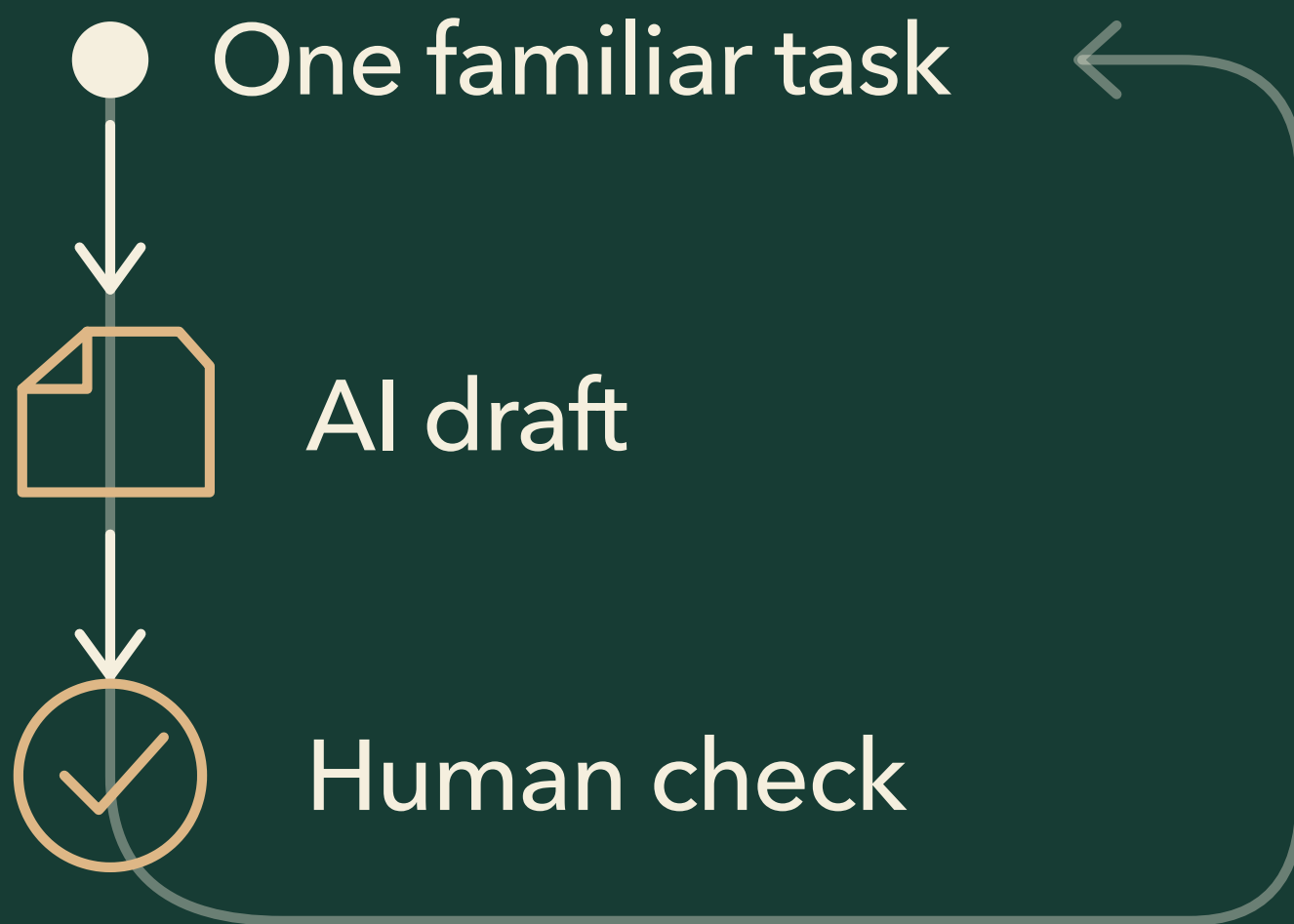


Check the fact. *Question the fear.*



One event isn't the whole story.

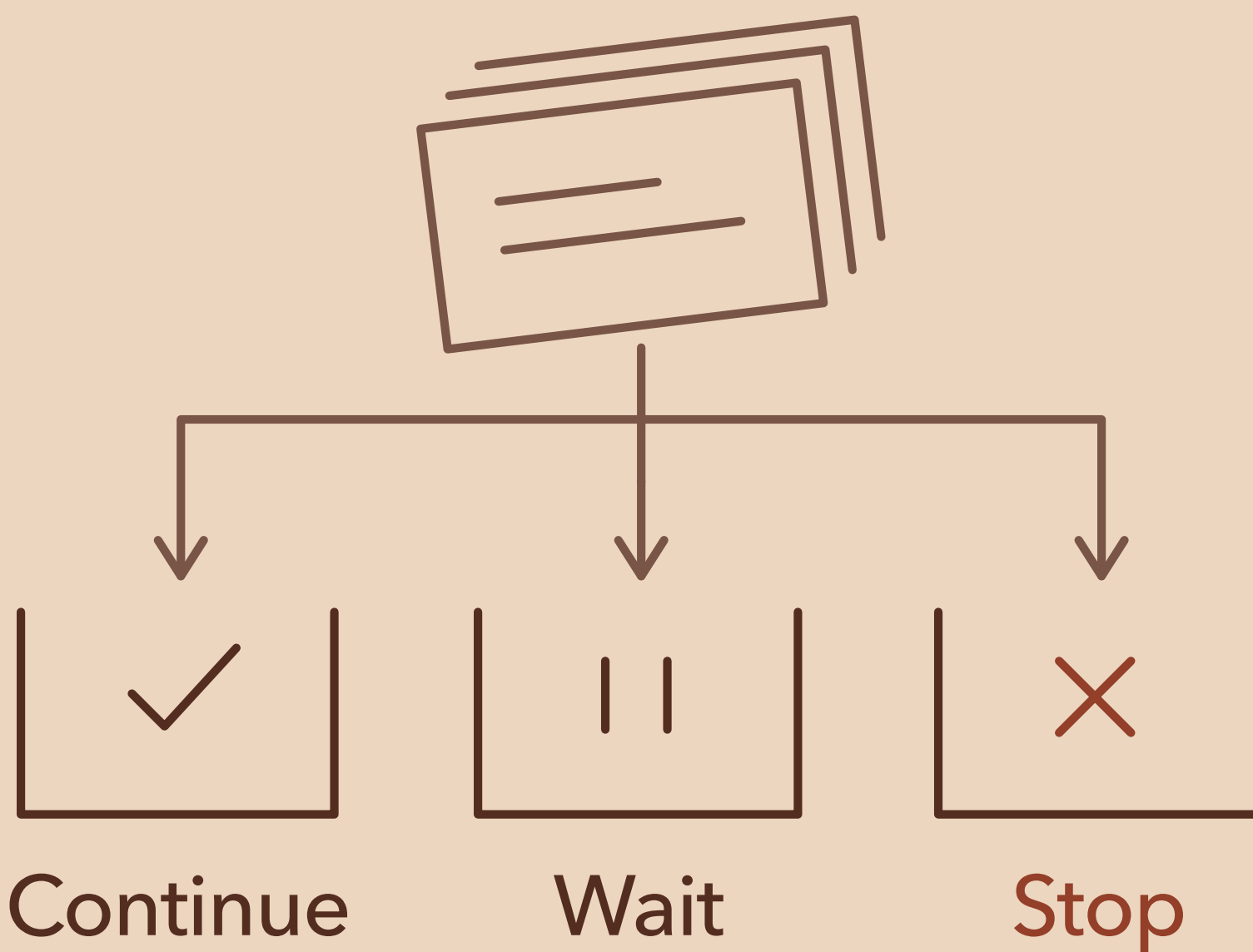
Give AI a task *you can check.*



Keep / change / stop

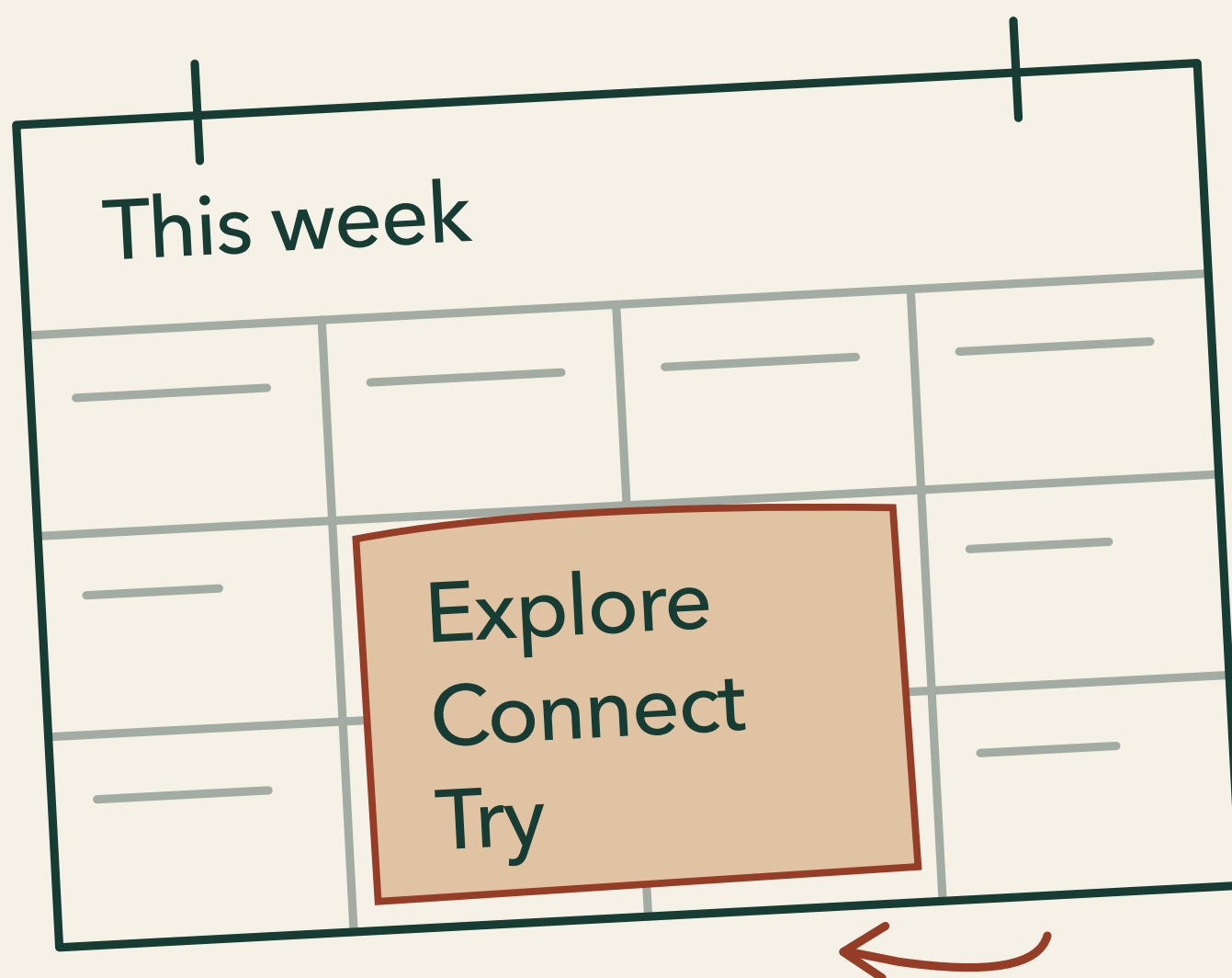
Count the time spent correcting.

Smaller team. *Smaller promises.*



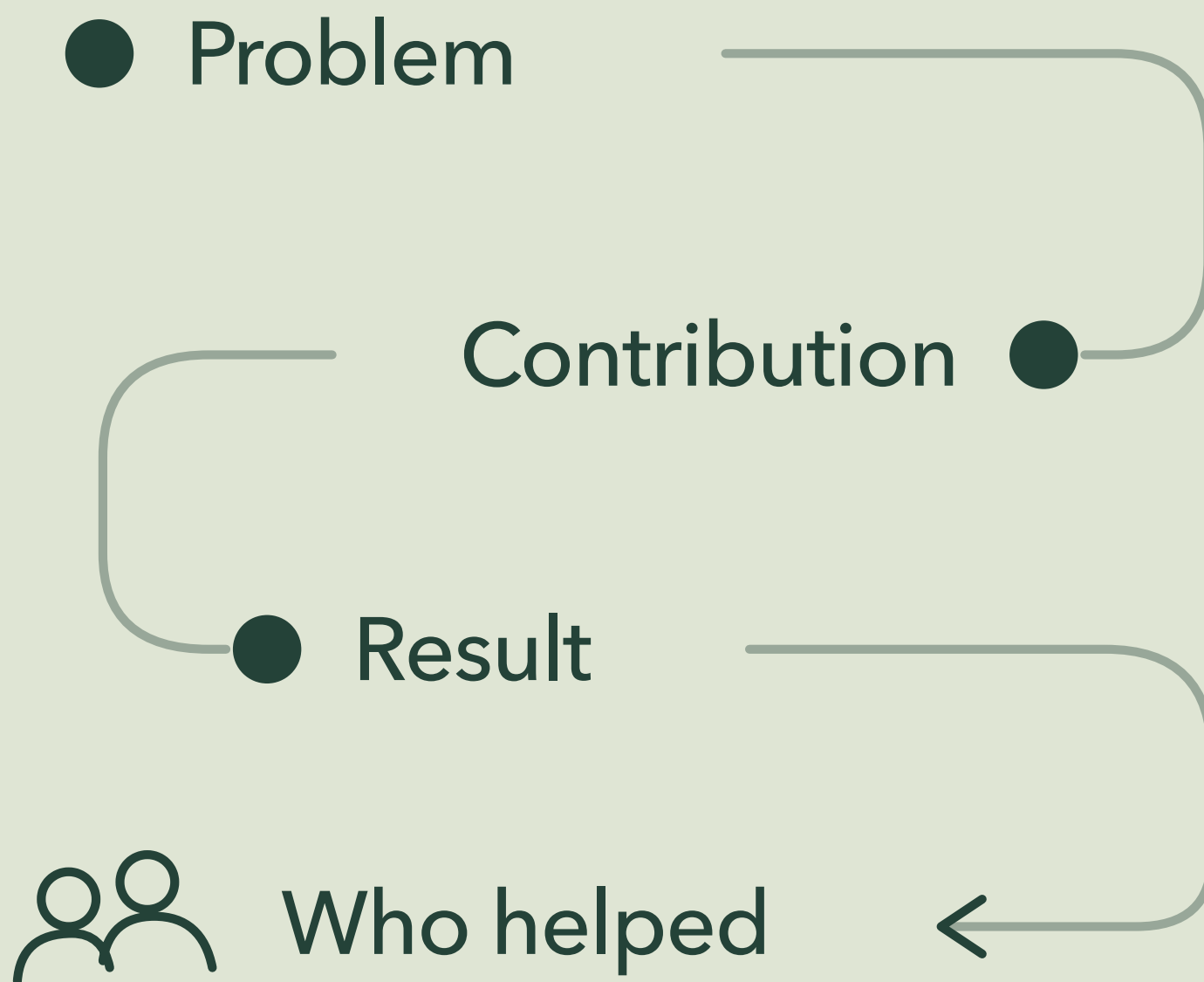
Agree priorities with your manager.

Give Plan B *a place.*



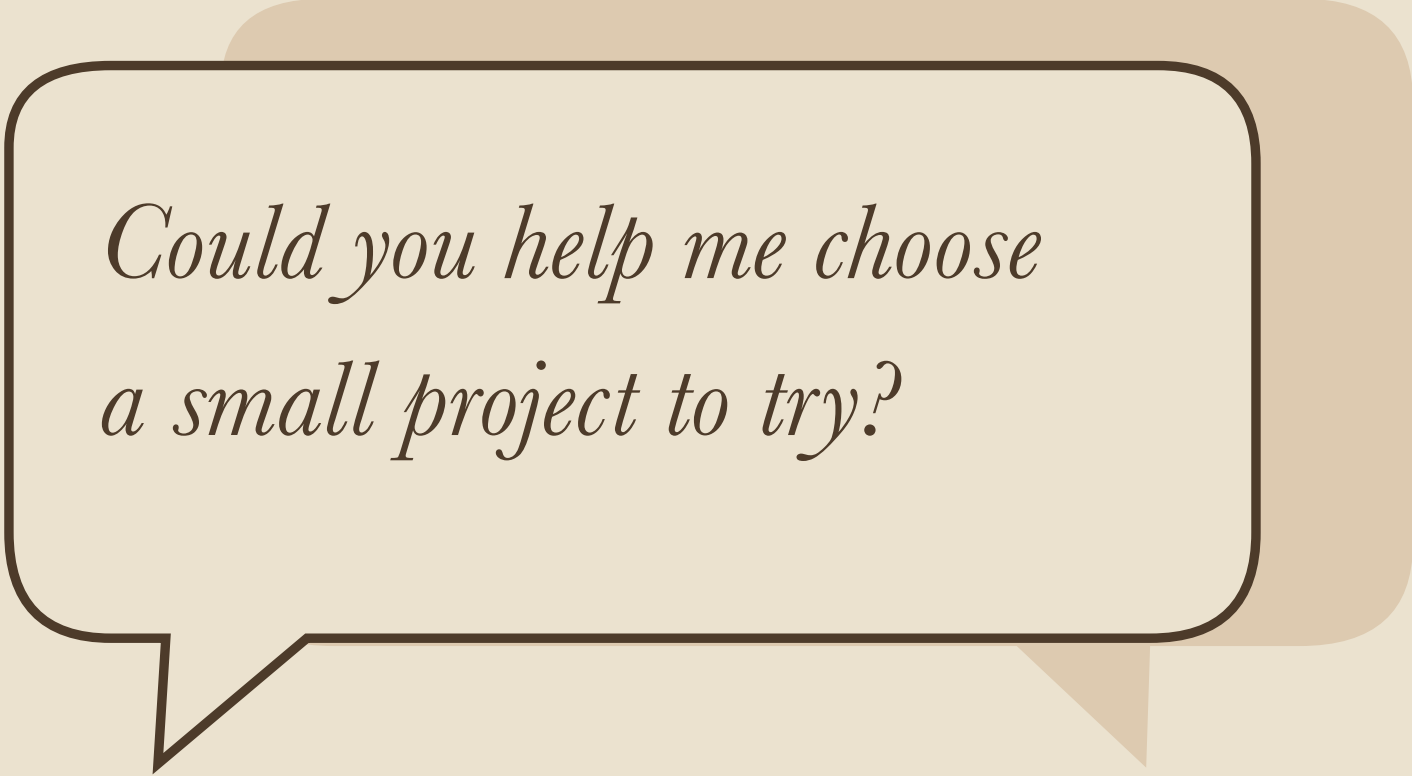
Increase the effort if support for your role fades.

Make your work *easy to retell.*



Share an example people can use.

Ask a mentor *one useful question.*



*Could you help me choose
a small project to try?*

Try it



Come back

Bring the result, including what failed.