

— CONFIDENCE BUILT THROUGH PRACTICE

Build repeatable practice. Own the work.



Turn intention, context and judgment into habits you can rely on.

Develop a dependable way to work with AI across recurring tasks, projects and conversations. Build work you can explain and stand behind.

A result you can repeat.

Keep the context, examples and checks that help.

A process you can explain.

Know why an approach worked and how to adapt it.

15

Modules in
this program

8

Hours of learning
Approximately

Virgil

Your Agentic Learning Guide
for applied practice

15 teaching modules, with four section knowledge checks alongside them. Learning time is approximate. Learn at your own pace or with a cohort, with mobile access.

THE DIFFERENCE IS IN YOUR PRACTICE

Make quality repeatable. Strengthen your thinking.

Make deliberate choices about context, examples, feedback and verification. Protect the Human Skills that give the work its value.

LEARNING AREA 01

Choose the Work

Choose suitable tasks and establish responsible boundaries.

- 01 Making AI Results Repeatable
- 02 Knowing When Not to Use AI
- 03 Using AI on Work That Matters

LEARNING AREA 02

Direct the Intelligence

Improve requests, show what good looks like and refine results.

- 04 Asking AI to Build a Better Prompt
- 05 Improving Results with Examples
- 06 Elevating AI Outputs

LEARNING AREA 03

Apply It

Build source understanding, useful disagreement and communication across practical tasks.

- 07 Making Sense of What You Didn't Write
- 08 Make AI Stop Agreeing With You
- 09 Rehearsing High-Stakes Communication
- 10 More Than You'd Ever Type: Voice, Files, and Screenshots
- 11 AI for Briefings, Meetings and Follow-Through
- 12 Turning Materials Into Multiple Work Products

LEARNING AREA 04

Verify, Protect, Own

Strengthen thinking, protect human skills and take accountable ownership.

- 13 Protecting the Skills That Give You Leverage
- 14 Improve Your Thinking with First Principles
- 15 Delivering Work You Can Stand Behind: Cognitive Coverage

Four section knowledge checks sit alongside the teaching modules.

Keep the useful ingredients.

Record the purpose, context, examples and quality checks that helped. Try the approach on another instance and note what needs to change. Own the reasoning behind the result.

BRING THE LEARNING INTO REAL WORK

Build a briefing you can defend.

Bring source materials for a real briefing. Develop an interpretation, test it and prepare for the questions a colleague might ask.

01 Set the direction

YOUR PRACTICE

Clarify the decision, audience, source material and quality criteria. Read the material and distinguish its claims from your interpretation.

A CLEAR TASK BRIEF

The purpose, audience, relevant context and standards you will use to judge the result.

02 Challenge the thinking

YOUR PRACTICE

Ask for competing interpretations and the assumptions behind them. Return to the sources to test the evidence rather than relying on agreement.

AN EVIDENCE TRAIL

Supporting sources, a considered alternative and the uncertainty that remains.

03 Stand behind the result

YOUR PRACTICE

Choose your recommendation and rehearse the questions a colleague could ask. Repair gaps in your understanding and save what worked.

A REUSABLE APPROACH

A briefing you can explain, a record of verification and a reflection on how your thinking changed.

Use the practice beyond one briefing.

The same deliberate approach can support recurring writing, meetings, follow-through and consequential conversations: define the purpose, invite challenge and retain your own judgment.

Video

Understand the idea and the purpose of the practice.

Applied exercise with Virgil

Your Agentic Learning Guide provides support, challenge and room to think.

Create and reflect

Create artifacts, examine your choices and improve your work.

Illustrative practice plan adapted from the program source, not a skills assessment or a reported participant outcome.

LEARNING THAT FITS YOUR CONTEXT

Build on how you use AI. Make the practice dependable.

For people who already use AI and want a more consistent personal practice in recurring projects, communication and decisions.

FOR YOU
Explain your contribution.

Students, professionals and people preparing for a new role can bring meaningful recurring tasks. The goal is work you understand and can stand behind.

FOR YOUR TEAM
Keep reasoning visible.

Educators and team colleagues can use context, examples and feedback to discuss why an approach worked, what was checked and who owns the result.

FOR THE LEARNING
Bring a useful example.

Choose source material you can appropriately use and an example of a useful result. Be ready to compare attempts, explain your reasoning and revise.

Asynchronous online learning. Learn at your own pace or with a cohort, with mobile access.



Your context. Your choices.
Your capability.

Learn. Practice. Make it yours.

Virgil is trained on the program content. The exercise design shapes when your guide provides support, challenge and space for your own thinking.

Each module includes video, an applied exercise with Virgil and an interactive area to create and reflect. Community membership is not included with this individual Foundations program.

Explore Human × AI Fluency.

See the full program and discuss how repeatable practice could support your work or your team's priorities.

www.humanskills.ai/human-ai-fluency



Scan to explore
the program.

Approximate learning times. Program and enrollment information available online. Photography: AI-generated illustration of fictional people. [View program information.](#)