



AI Training

DATE ISSUED

June 2026

 **Lead with AI**

This Certifies That

Säde Stenlund

Has Demonstrated Practical Expertise By Implementing
A Minimum Of Four AI Assistants.

Hereby Recognized As A

Qualified AI Leader

CONDUCTED BY

Phil Kirschner

TRANSFORMATION PARTNER, LEAD WITH AI



TOOL
PERSONAL BOARD OF DIRECTORS

Board of Directors, Health Promotion Entrepreneurship

As I will brainstorm and plan for next steps on my journey as a health promotion professional this board of directors can inform of current trends and directions in the field of health promotion. This will give me confidence in a space which I will start exploring.



TOOL
AI PRODUCTIVITY ASSISTANT

Email assistant

Will review my email and highlight any typos and inconsistencies. I'm using this already and it's really helpful. Time saved 50% of time needed to prepare and email.



TOOL
AI INSIGHT ASSISTANT

Research and podcast finder

Every Monday sends a summary of contemporary research as well as appreciated podcast hosts that have had guests talking about the topics that interest me. This strengthens my expertise that I otherwise wouldn't have time for.



Säde Stenlund



TOOL
AI RESEARCH ASSISTANT

Citation finder

Finding a citation can take time and energy. This assistant will help find a usable citation for a statement I know is true but I don't have a citation for. This can save easily 20 minutes per sitation to be found.



TOOL
AI CREATIVE ASSISTANT

Infographics assistant

Will create pictures and infographics to my posts or publications. Can easily save 1 hour/infographic.

TOOL
AI CODING ASSISTANT

Statistical analysis code assistant

Creates code in the software I am using with my personal preferences in mind. Saves likely about 20% more time than the approach I'm currently using.