

What you shouldn't use AI for

A friend's son told me how his teacher explained the point of maths lessons to him by making a comparison with fitness training: Just as we don't use a large part of maths in practice, we don't lift weights in our everyday lives. But we need the muscle strength built up through training for many other things. A nice image to describe the intelligent use of AI.

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Artificial intelligence has positive aspects and is likely to have a major impact on our everyday lives in the future. We will increasingly delegate many repetitive tasks that are not worth doing ourselves to AI. However, I have noticed that many of my clients are handing over tasks where they could learn and develop.

The art of delegating wisely

When applying for a job, for example, job seekers try to use Chat GPT to create their CV. Many motivation letters are written by AI anyway - you can see it and it makes a bad impression. Employees also use AI in their day-to-day work for correspondence or writing minutes, which makes sense if it is purely routine work.

However, I advise against using AI for many activities, especially when applying for jobs. I will explain the reasons for this with a personal example:

Why do I bother publishing a self-written article on LinkedIn every Tuesday? It takes a lot of effort to prepare a topic in such a way that it can be read and understood in 2-3 minutes. To keep myself present on LinkedIn, I could feed Chat GPT with my thoughts and have the text formulated. But since I prefer to train myself rather than AI, I take on the work.

Working on the text is working on the thoughts

In addition to the joy of writing, I am also interested in my personal development. Preparing a topic in an article forces me to think precisely and express myself clearly. By working on my thoughts, I develop coaching topics further and recognise new connections. Working together with my clients, I generate ideas that I then expand on in articles, which creates a momentum of its own for personal development. Since I have been writing regularly, I have also become better at getting to the point of my thoughts in consulting my clients.

As we can never think and express ourselves well enough, I use this approach to improve myself. I advise my coachees to do the same when applying for jobs: we also never arrive at self-knowledge and self-marketing and must constantly develop ourselves further. It is therefore worth investing time.

Of course, I also use artificial intelligence, e.g. for research - although caution is advised. The quote in the subtitle about working on the text was sold to me by Chat GPT as an advertising slogan of the FAZ (Frankfurter Allgemeine Zeitung), but it comes from an NZZ (Neue Zürcher Zeitung) campaign. But at least: When I pointed this out, Chat GPT did not apologise, but admitted the mistake and thanked me kindly for my correction.

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