

## Do you also prompt yourself?

Text In the context of artificial intelligence, there is a lot of talk about the importance of providing AI with good information and asking the right questions to get useful answers. If we can get better results from artificial intelligence by asking specific questions, couldn't we get more out of our natural intelligence using the same approach?

### Peter Näf

I am always amazed at how much time and energy job seekers invest in artificial intelligence and how little they spend on themselves at the same time. Many applicants feed Chat GPT with job adverts and their CV to find out what matches exist. They then use the results to write a letter of motivation. Does that make sense?

In the article «What you shouldn't use AI for», I described how I take a critical view of the use of AI in job applications. Here are some thoughts on why I advise against it in the case just described.

Prompt recruiters and hiring managers...

Job adverts do not adequately reflect the reality and complexity of jobs and working environments. This is partly due to a lack of editorial skills on the part of the writers, but above all to the limits of written form. So, instead of asking Chat GPT, you would be better off talking to the people who know the job. It is no coincidence that you will find telephone numbers of hiring managers or recruiters on many job adverts. This has not been the case for many years. Therefore, pick up the phone!

If you want to clarify whether you are suitable for a position based on your experience and knowledge and whether the position interests you at all, Chat GPT is again not the right contact.

...and above all: Prompt yourself!

After all, you have created the CV and summarised your possibly decades of professional experience and extensive knowledge on two to three pages. The answers to your questions are therefore not to be found in your CV, but in the vastness of your own brain. But how can you access this information? Simply ask yourself!

You are only aware of a small part of the information stored in your brain. You constantly register immeasurable amounts of information through your sensory organs, which you store decentrally in your brain. Therefore, ask it meaningful questions and the answers will come to you sooner or later. But as with asking the AI, the same applies here: If you don't get any useful answers, you need to ask more skilfully. Prompting needs to be learnt.

In the future, artificial intelligence will probably be able to do things that we can't even imagine today. But it is not superior to humans in everything and is not the right contact for every topic. Sometimes the relevant information can be found in our heads.

[#coaching](#) [#career](#) [#personalitydevelopment](#)

Please find further articles on career topics on my homepage  
<https://karrierecoaching.ch/en/articles/>

