



# Workshop: AI Literacy & Prompt Lab

Stop experimenting blindly with AI. In just hours, your team will master practical AI skills through our proven R-U-K-F framework. Walk away with working prompts, your first custom AI assistant, and the confidence to use AI safely and effectively.

## ◆ Perfect for

- Teams wanting immediate results
- Management or operational teams
- Groups of 10-40 people

## ◆ Practical details

- Format: In-person, online, or hybrid
- Duration: Half or full day session
- Language: Swedish or English
- Price: Starting from 39 000 SEK (excluding VAT and travel costs)

## ◆ What you get

- AI literacy knowledge in compliance with EU AI Act
- Interactive learning with team specific use cases
- Live demo in ChatGPT or Copilot
- Your first internal AI assistant
- Prompt workbook for further learnings

Contact us



+4673 56 44 999



[thomas@aiforhr.se](mailto:thomas@aiforhr.se)

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Helen Karlsson  
HR Director Addnode Group

Thomas exceeded our expectations in an impressive way during the full-day training for our Nordic HR team. With his expertise and educational approach, he gave us valuable insights into the latest trends in AI for HR, as well as concrete examples that we can directly apply in our daily work.

14 out of 15 participants gave a 10/10 rating, totaling 9.9!