

Professional Cognitive Training: Partnering with AI to Deepen Your Expertise.

Your Human Skill (What AI can't do)	The Trap (AI Replaces You)	The Level Up (AI Augments You)
Synthesis & Insight	"Summarize this report for me."	"Find and organize the key evidence for me so I can question further."
Real Time Filtering	"Relying on a transcript of meetings."	"Taking your own notes, then using AI to draft a summary."
Persuasion & Agility	"Hiding from debate because you'll use AI to get answers later."	"Using AI as a private sparring partner to sharpen your arguments."
Strategic Creation	"Write this strategy for me."	"Critique and help me refine the strategy I created."
Use AI to increase your cognitive load and value. Dedicate more time to deep, creative, strategic thinking AI can't replicate.		

2025 Keith A. Quesenberry For an article on how to use this guide visit PostControlMarketing.com.