



Presents



LWT SUMMIT 2026

AI as a Thought Partner

Reducing Overwhelm, Protecting Mental Health, and Working Smarter

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This is a workshop, not a lecture.

Phones out, brains welcome. You'll think, laugh a little, and leave with a method AND an app in your pocket.

01

Ground Ourselves

10 MIN

Icebreaker, the real problem, and why an ex-HR-tech nerd is talking about Christmas Day 2022.

02

Meet S.H.I.F.T.

15 MIN

The five-step method — built from lived experience, not a whiteboard.

03

Live App Demo

20 MIN

You open the app. We SHIFT a real, spicy, overwhelming moment together.

04

Reflect & Talk

15 MIN

Human-centered AI, one quiet moment, and your questions — all of them.



01

SECTION 01 • 10 MIN

Ground Ourselves

Icebreaker, the real problem, and why an ex-HR-tech nerd is talking about Christmas Day 2022.



Have you ever needed to talk something through...

...but not with your therapist, not with your boss, not with your best friend, and **definitely** not with the coworker who was going to tell you to “just calm down”?

What if AI could help you slow down — without taking over?

TRY THIS NOW

Think of one real thing you'd talk through if you had a safe, structured place to untangle it.

*You don't have to share it.
Just notice it.*

No judgment. No forced vulnerability. We're all professionals who cry in our cars sometimes.



We are not short on information. We are drowning in it.

The real problem is rarely a lack of answers. It's the cognitive chaos underneath — too many tabs open in your brain, and none of them fully loading.



Too Many Thoughts

Our brains are running dozens of mental tabs at once — none of them fully loading.



Too Many Decisions

Decision fatigue is real, and it compounds with every unresolved question in the queue.



Not Enough Space

When there's no room to think clearly, even good information turns into noise.



What if AI wasn't the answer machine?

What if it was a *thought partner*?

A thought partner doesn't solve your problems for you. It helps you slow down enough to see them clearly — not the whole staircase, just the next step.

- **Slow Down** Create space before reacting
- **Separate Facts from Fear** Challenge the story your brain is spinning
- **See Your Options** Overwhelm hides the exits — clarity reveals them
- **Take One Step** Not everything. Just what's next.

AI
as a
THOUGHT
PARTNER



Who I Am



MENTAL HEALTH ADVOCATE
SPEAKER • CHRONIC OVER-
EXPLAINER

- Founder of Schoser Talent and Wellness Solutions — HR tech consulting, AI literacy, and workplace wellness.
- Creator of the S.H.I.F.T. Method and SHIFT Thought Partner.
- Co-Host & Business Owner of Sh!t That Goes On In Our Heads — yes, that's the real name, and it's an award-winning mental health podcast.
- Co-Host & Business Owner of Paperback Confessions, a romance-novel podcast.

And I'm also just a person — someone who knows firsthand what it feels like when life gets too loud, too heavy, and too much to hold alone.



Christmas Day, 2022.

I reached a point where everything felt like too much. I picked up the phone and called **988**. That call helped me slow down enough to stay here.

At the time, I didn't know I was creating a method. I was just surviving. Looking back, I realized I'd walked myself through the early bones of what would become SHIFT.

If you or someone you know is struggling, the 988 Suicide & Crisis Lifeline is available 24/7 — call or text 988.

“

It wasn't dramatic. It was just... too much, all at once. And the call didn't fix everything. It just gave me one next breath.

— Gretchen



We don't always need a perfect solution.

Sometimes we need enough ground to take one next step.



Space

Room to breathe —
without judgment,
time pressure, or
performance.



Structure

A framework that
holds the chaos so
your brain doesn't
have to.



Safety

An environment
where honesty
doesn't come with
consequences.



Language

Words to name
what's happening —
because naming it
changes it.



One Next Step

Not the whole
staircase. Just
enough to move
forward.



The real cost of overwhelm.

Overwhelm is not just being busy. When cognitive load is maxed out, clarity gets buried — and it doesn't stay in one lane. It spreads.

***We stop responding.
We start reacting.***

Decision-Making

Choices made from fatigue,
not clarity

Communication

Words we regret,
conversations we avoid

Leadership

Less presence, more
reactivity

Mental Health

Anxiety, shutdown,
disengagement

Work Performance

Tasks stall, priorities blur

Relationships

Short fuses, missed signals,
distance



Burnout doesn't always look dramatic.

More often, it shows up in the small, quiet moments that compound over time.

Snapping at someone you care about

The short fuse that surprises even you.

Staring at the screen, doing nothing

Not lazy. Depleted. There's a difference.

Sending the email you should've waited on

Reacting from the wound, not responding from clarity.

Deciding from fear instead of values

Survival mode, dressed up as productivity.

**PAUSE
BEFORE
YOU
REACT**

This is exactly why tools for slowing down — not speeding up — matter so much.



AI is not the hero.

It's a tool. A powerful one. But still *a tool*.

AI SHOULD NOT REPLACE

- Therapists & counselors
- Friends and family
- Mentors and leaders
- Coworkers
- Human judgment
- Human connection
- Crisis support

AI CAN HELP

- Slow down
- Organize thoughts
- Challenge assumptions
- See options
- Create structure
- Support the next step



THE LINE TO KEEP REPEATING

Use the technology. Keep the humanity.

The goal is not to make people dependent on AI. The goal is to help people feel more capable, more grounded, and more confident in their own thinking.



02

SECTION 02 • 15 MIN

Meet S.H.I.F.T.

The five-step method — built from lived experience, not a whiteboard.



Introducing the S.H.I.F.T. Method

A five-step framework for finding clarity when the noise gets loud. Built from lived experience — not a whiteboard.



Not a script. Not a diagnosis. A thinking structure — for the 2am spiral or the 2pm slack message.



S & H — Naming It Honestly



Spot the Load

Identify what is occupying your attention and what feels heaviest.

ASK:

What is taking up the most space in my head right now?

“The underlying relationship with the person”



Halt Before Handing It Over

Decide what kind of help you need and what judgment must remain human.

ASK:

What kind of help do I need, and what decision must remain mine?

*“Figure out how to process and keep moving forward
— because they were a total ass in the email”*



I & F — Getting Specific



Instruct Clearly

Add the context, outcome, and constraints that make support useful.

ASK:

What context, outcome, and constraints would make the support useful?

“This is the message they sent and it just pissed me off — “Thanks for your message. I think you may be overthinking this a bit. We’ve already reviewed the situation, and at this point we don’t see a need to spend additional time on it.””



Filter the Output

Test the options and keep only what genuinely fits.

ASK:

What fits, what doesn't, and what assumption should I question?

“I think I like #2 best (one of the reply drafts SHIFT offered)”



Take the Human Step

Choose one realistic action that you — not the AI — will take.

T

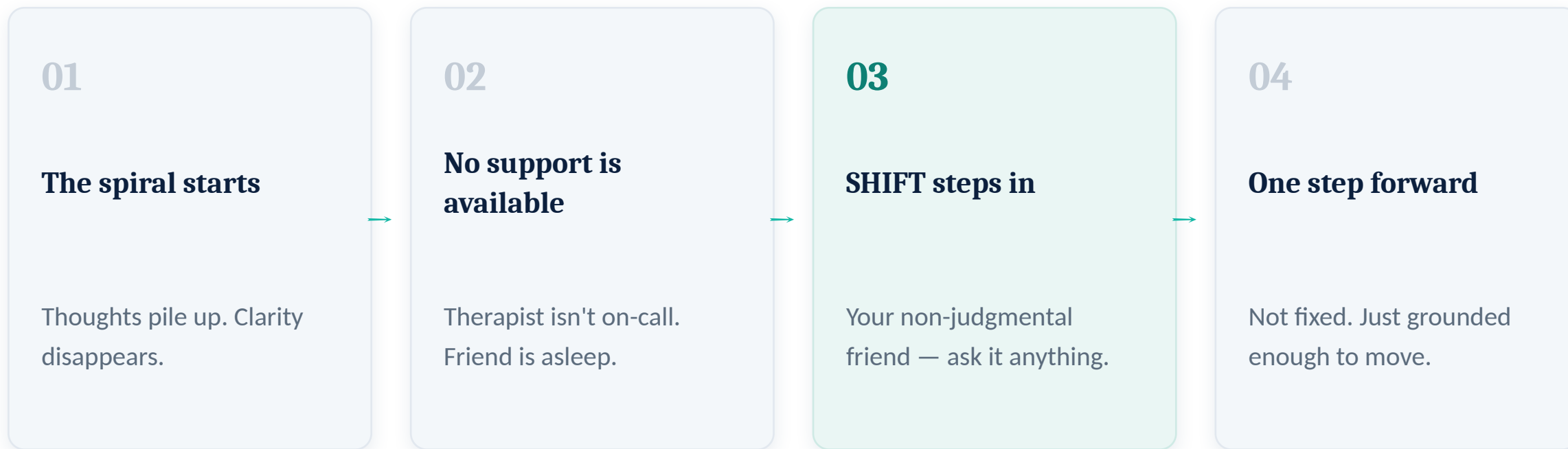
One email. One conversation. One boundary. One breath. One decision made with more clarity.

“Send a neutral confirmation and move on.” That's the real next step this exact SHIFT ended on. Five steps, one honest sentence each. Ready to watch it happen live?



Why I Built SHIFT Thought Partner

The method worked for me. Then I asked a harder question: what happens to someone who needs this structure alone, mid-spiral, at 2am, with no one to call?



That's why I built SHIFT Thought Partner — not to replace human support, but to fill the gap between crisis and clarity, right when it matters most.



What SHIFT Thought Partner Does

IT GUIDES YOU

- ✓ Spot what's occupying your attention
- ✓ Halt before you outsource judgment
- ✓ Instruct with real context
- ✓ Filter for what actually fits
- ✓ Take one human step
- ✓ Stay owned by you, start to finish
- ✓ Keeps what you type private — not even I can see it

"AI can help you think. It should never replace your judgment."

IT WILL NEVER

- ✗ Replace therapy
- ✗ Diagnose
- ✗ Decide for you
- ✗ Pretend to be human
- ✗ Replace crisis support
- ✗ Replace real relationships

It is a thought partner, not a therapist. I still see mine twice a month — this is for the moments you can't phone a friend.



03

SECTION 03 • 20 MIN

Live App Demo

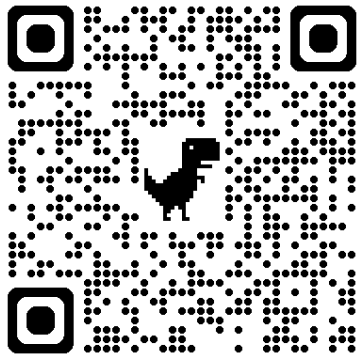
You open the app. We SHIFT a real, spicy, overwhelming moment together.



WORKSHOP MOMENT

Okay — open your phones. (Yes, really. Finally, permission.)

Find SHIFT Thought Partner and get it loaded up. No pressure to be fast — this is the one part of the workshop where being on your phone is mandatory, not rude.



SCAN TO OPEN

schosersolutions.com/shift.php

Or just type it in.

No app-store friction — it opens right in your browser.



SHIFT THOUGHT PARTNER

While it loads:

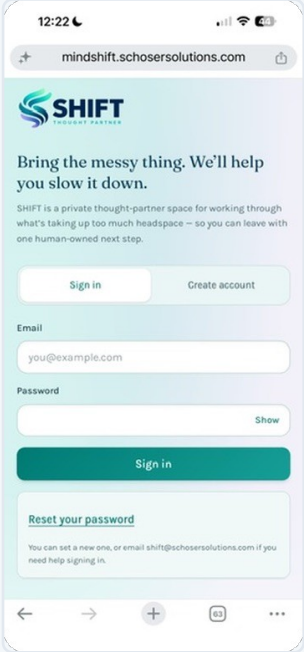
Grab a neighbor. We're going to SHIFT a real, spicy, overwhelming moment together — live, out loud, on the projector.



BEFORE WE START

Here's Exactly What You'll See.

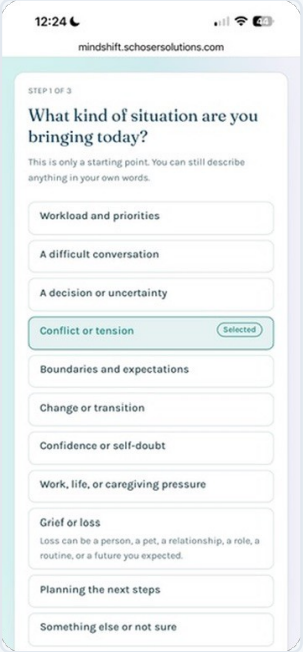
Real screens. Sign in, bring the messy thing, and three quick optional questions before SHIFT begins.



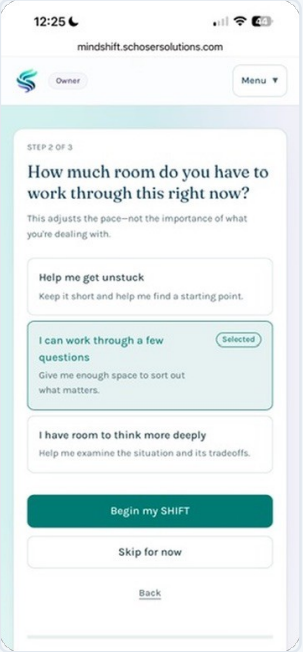
Sign in



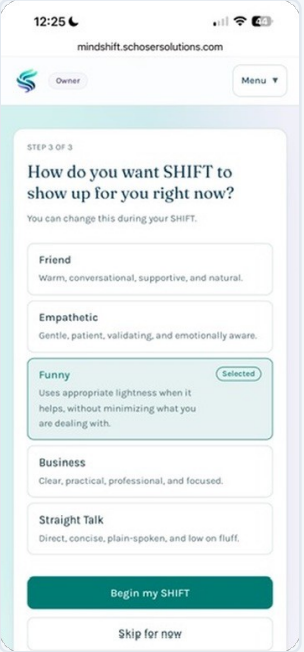
Bring the messy thing



What kind of situation?



How much room do you have?



How should SHIFT show up?



THIS IS A REAL SHIFT I RAN MYSELF

The Scenario: The Spicy Email You Should Not Send Yet.

- You're overwhelmed at work.
- You just got a message from a coworker that feels very dismissive.
- You're tired. You want to respond immediately.
- Your brain is already drafting the spicy version of that email.

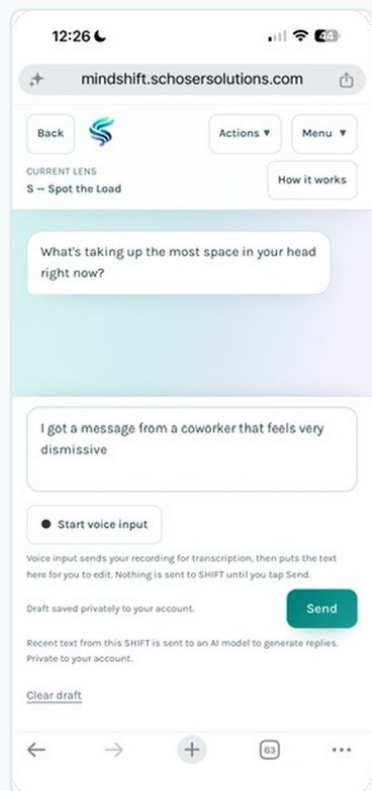
SHIFT helps you pause before you hit send — and make a choice you'll actually feel good about tomorrow.

*Follow along on your own phone.
Type your own version.
We'll compare notes after.*



Naming It: Spot, Halt, Instruct

S — Spot the Load



actual screenshot from this SHIFT

H — Halt Before Handing It Over

Before handing this over, what part of it still needs your judgement?

“Figure out how to process and keep moving forward — because they were a total ass in the email”

from a real SHIFT report

I — Instruct Clearly

How would you describe what you actually need, clearly?

“This is the message they sent and it just pissed me off — “Thanks for your message. I think you may be overthinking this a bit...””

from a real SHIFT report



From Options to Action: Filter, Take

F

Filter the Output

What fits, what doesn't, and what assumption should I question?

"I think I like #2 best."

(one of the reply drafts SHIFT had offered)

from a real SHIFT report

T

Take the Human Step

What's the one human step you can take next?

"Send a neutral confirmation and move on."

from a real SHIFT report



WHAT YOU WALK AWAY WITH

Every SHIFT Ends With a Report.

Not a transcript. A grounded summary — in your own words — that you actually own.

WHAT YOU CAME IN CARRYING

"I got a message from a coworker that feels very dismissive."



Spot the Load

The underlying relationship with the person



Halt

"They were a total ass in the email"



Instruct Clearly

Gave SHIFT the exact message + tone she wanted



Filter

"I think I like #2 best"



Take the Human Step

Send a neutral confirmation and move on

YOUR FIRST NEXT STEP

Send a neutral confirmation and move on.



What Just Happened?

The app didn't tell us what to do. It didn't write the email or decide for us. It helped us think more clearly.

Answer Machine AI

- Gives you an output
- Bypasses your thinking
- Creates dependency
- You follow its lead

Thought Partner AI

- Guides your process
- Strengthens your thinking
- Protects your agency
- You stay in the driver's seat



04

SECTION 04 • 15 MIN

Reflect & Talk

Human-centered AI, one quiet moment, and your questions — all of it.



Why This Matters for Technical Leaders

Technical people solve complex problems all day. Humans are still humans. We still deal with:

Stress

Pressure

Conflict

Overwhelm

Burnout

Decision fatigue

Emotional load

The future of work needs smarter tools and healthier humans.

This is not soft. This is infrastructure for better decisions — the same way you'd treat latency, uptime, or technical debt.



Human-Centered AI: The Standard We're Holding

Not all AI is designed the same way — and the design choices matter enormously.



Does it help people think more clearly?

Not just faster — better. More clarity, less reactivity, stronger agency.



Does it protect the human's agency?

The person using the tool stays the decision-maker — never the passenger.



Does it reduce harm?

Especially for users in vulnerable states — emotional safety, not just task completion.



Does it support better decisions?

By reducing noise, not by replacing the human at the center of the choice.



Think about something you're carrying right now.

Not the biggest thing in your life. Not the most private thing. Just something real — something with a little weight to it.

What would change if you had a structured way to slow down and look at it differently?

You don't have to answer out loud. Just sit with it for a moment.

If something's coming up for you, please reach out. 988 is available anytime — call or text.



FINAL TAKEAWAY

**Use the technology.
Keep the humanity.
Take the next step.**

#UseTechnologyKeepHumanity

Use the Technology

AI is a powerful tool for reducing overwhelm and creating structure when everything feels like noise.

Keep the Humanity

The goal is never dependency. The goal is people who feel more capable, grounded, and confident.

Take the Next Step

Not the whole plan. Not the perfect solution. One grounded, honest step forward from right now.



Presents



Let's Keep the Conversation Going.

Questions • Discussion • Pushback • Curiosity — all of it welcome.

Ask Anything

What came up for you? What do you want to push back on? Technical or personal — bring it.

Try SHIFT This Week

You don't need the app to start. Walk yourself through S-H-I-F-T on something real.

Stay Connected

Find me, the podcast, and SHIFT Thought Partner through Schoser Talent and Wellness Solutions.

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BOOK TIME WITH ME

calendly.com/schosersolutions/chat-with-gretchen



Presents



Use the technology. Keep the **humanity.**