From Fear to Fluency:
AI & Robotics Practical Skills for Today's Workplace

AI and robotics are no longer future technologies - they are already part of everyday work.
The real challenge for companies today is not technology, but people's understanding, confidence, and readiness to work with it.

The workshop package, developed by the HAMK Tech Robotics research group, helps employees at all levels understand, experience, and collaborate with AI and robotics in a practical, human-centered way.

This three-session online workshop is designed for a wide age range (25–75 years), requires no technical background, and focuses on real workplace use cases rather than theory or hype.

Session 1	Understanding AI as a colleague
Session 2	Working with AI in practice
Session 3	Robotics + humans at work

Would this be a good fit for your company?

This workshop is ideal for companies that want to prepare their employees for the future of work together, not through fear or pressure. Content can be modified based on the company specific needs.

What makes this workshop different?

- AI and robotics are presented as colleagues, not replacements
- Practical examples directly connected to everyday work
- Hands-on interaction with AI tools (no coding required)
- Real industrial cases inspired by Finnish companies
- Focus on trust, acceptance, and human–technology collaboration

Why it matters to company:

- Builds AI & robotics literacy across the organization
- Reduces resistance to automation and digital change
- Improves employee confidence and engagement
- Supports future-proof workforce development
- Improved readiness for future technology investments

What employees will gain:

- clear understanding of AI & robotics (no hype, no fear)
- Practical experience with AI tools
- Insight into human–AI–robot collaboration
- Readiness to work in hybrid human–technology teams

Contact us!

Jari Kaikkonen
jari.kaikkonen@hamk.fi
+358 50 4007 890

HAMK
Häme University of Applied Sciences

hamk.fi/robo