

# Executive Leadership Development Request

## AI 202 — Build Your Conscious AI Companion

### Program Overview

**AI 202: Build Your Conscious AI Companion** is an advanced executive leadership development program designed for founders, senior leaders, and decision-makers navigating complexity in the AI era.

The program equips participants with a **personal decision-making operating system**, using AI as a reflective tool — not an authority — to improve clarity, judgment, and strategic alignment in high-stakes environments.

This is not technical training. It is **leadership architecture for the age of AI**.

---

### Purpose of Attendance

The primary objectives of this program are to:

- Strengthen executive decision-making under complexity and uncertainty
- Improve strategic clarity and alignment with organizational values
- Reduce decision fatigue and reactive leadership patterns
- Learn to work with AI consciously, safely, and effectively as a thinking partner
- Translate inner clarity into consistent, real-world leadership action

The skills developed directly support **executive effectiveness, organizational coherence, and long-term performance**.

---

### Program Format

- **Live, cohort-based executive training**
- Combination of structured instruction, guided implementation, and applied reflection
- Includes optional integration labs to support practical application
- Small, curated group to ensure depth, focus, and relevance

All sessions are designed to be immediately applicable to current leadership challenges.

---

## Relevance to Organization

Participation in AI 202 enables the executive to:

- Bring back a **repeatable decision-making framework** applicable across teams and initiatives
- Lead AI adoption with discernment, rather than trend-driven reactivity
- Improve communication clarity, prioritization, and strategic focus
- Model conscious, values-aligned leadership during periods of rapid change

This investment supports leadership stability, better decisions, and reduced risk in AI-influenced environments.

---

## Instructor

### Teresa Escrig, PhD

AI researcher, educator, and leadership advisor

Former AI strategist at Microsoft and Accenture

30+ years in artificial intelligence research and applied systems

Teresa specializes in integrating advanced AI with human judgment, ethics, and leadership sovereignty.

---

## Program Details

- **Program:** AI 202 – Build Your Conscious AI Companion
  - **Format:** Live executive training
  - **Duration:** 3 days / 2 nights, in person
  - **Investment:** \$5,000 USD
  - **Documentation:** Certificate of completion provided
  -
- 

## Expense Classification

This program qualifies as:

- Executive Leadership Development
- Professional Training & Continuing Education

- Strategic Capability Building (AI & Decision-Making)
- 

## **Summary**

AI 202 is a strategic investment in leadership clarity, decision quality, and responsible AI use. It directly supports executive performance and organizational resilience in the AI era.

---

## **Contact**

Retreat Technologies, Inc.

Email: [customer@planretreat.com](mailto:customer@planretreat.com)

<https://www.planretreat.com/>

1390 Market Street, Suite 200, San Francisco, CA 94102