

AI Impact Assessment

Team Workshop – Crib Sheet

What is this?

A free online tool that shows how AI might change the tasks in your role. Built by GoFIGR, a workforce intelligence company. Takes 2–3 minutes. You type in your job title, confirm your tasks, and get your results.

Access the tool here: app.gofigr.ai/impact-of-ai

Why we're doing this

To understand how AI might change the way we work — not whether we have jobs. This is about getting curious together, not getting scared. It looks at tasks, not jobs. There are no good or bad results.

What the score means

Your percentage is how much of your task mix could be assisted or enhanced by AI. Higher doesn't mean worse — it means more opportunity to offload the tedious stuff.

LOW (40% or less):

Most of your work relies on uniquely human skills. AI plays a minor role.

MEDIUM (41-69%):

A solid portion of your work can be AI-assisted. You'll likely work alongside AI, not be replaced by it.

HIGH (70%+):

A significant amount of your work is potentially automatable, leading to the biggest shifts and opportunities to redefine your role.

Reading the task breakdown

Your tasks are sorted into five categories:

Stays with you <i>No AI involvement</i>	Completely human. Nothing changes.
You lead, AI assists <i>You're in charge, AI helps</i>	You're driving. AI helps in the background. Think really good intern.
AI leads, you guide <i>AI does the work, you review</i>	AI does the heavy lifting. You're the editor, not the writer.
Fully automated <i>AI handles, end-to-end</i>	AI handles this start to finish.
No longer needed <i>Task disappears</i>	The task itself becomes obsolete.

Reading the skills outlook

Your results suggest skills to focus on, in three buckets:

Double Down	Skills you likely already have. Get better at them — they're becoming more valuable.
Develop	New skills to pick up based on where your role is headed. The stuff you'll need next.
Let AI Handle	Skills you can offload to AI. Stop investing time here — a machine will do it.

Start the conversation

“What would you happily hand off to AI tomorrow?”

“If you got a few hours back each week, what would you want to do with them?”

“What new skills or projects interest you?”

“What's one small thing you could try differently on Monday?”

If people get nervous

This isn't a redundancy exercise. It's the opposite — it's about investing in what comes next. The people who'll do well with AI are the ones who understand what's changing. That's what you're doing right now.