



AI FOR WELLBEING

Sean Oldenburger

WHAT IS CHAT-GPT

Once upon a _____

AI FOR WELLBEING

1. Therapist

2. Personal Coach




THERAPIST

49% of individuals with self-reported mental health issues utilise AI chatbots for support, with **96% of these users preferring ChatGPT.**

(February 2025 survey by Sentio University)

THERAPIST - BENEFITS

1. Affordability (Free)
 2. Accessibility (24/7)
 3. Emotional Support
 4. Anonymity + Reduced Stigma
- 

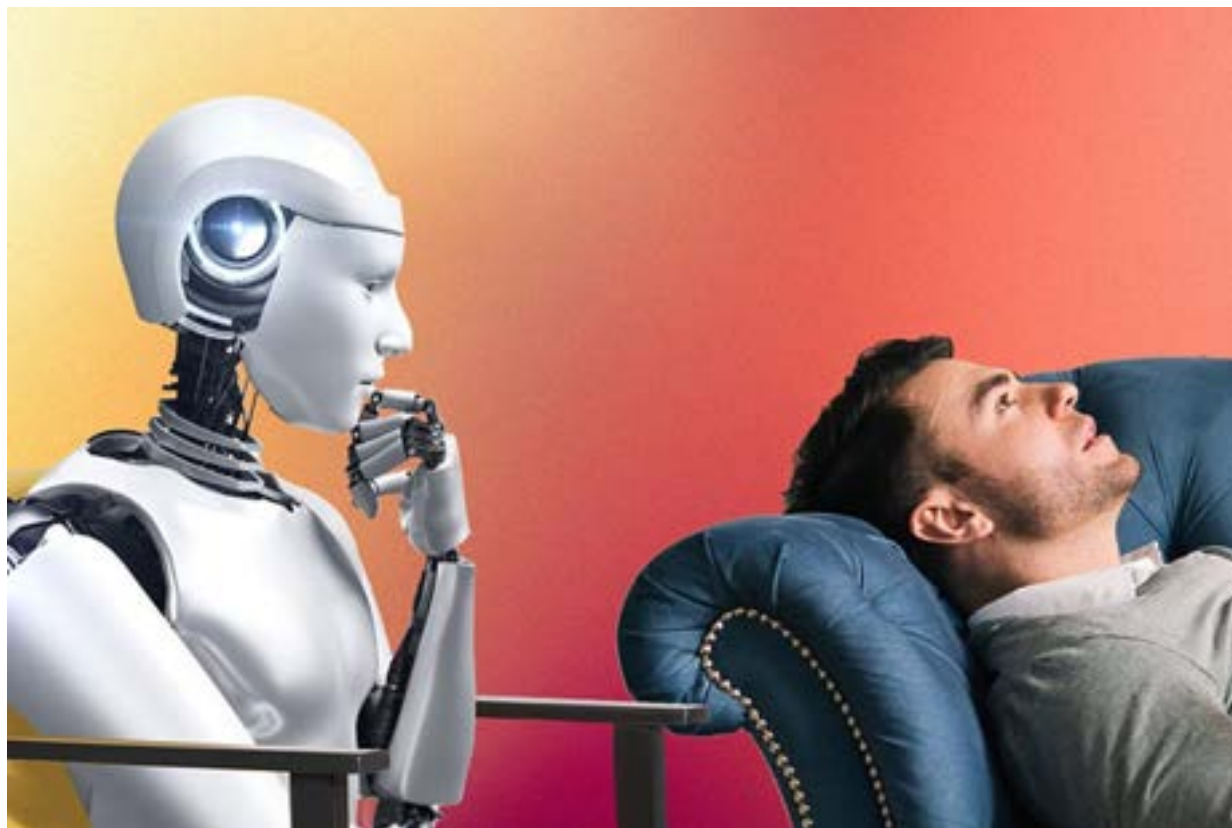
THERAPIST - RISKS

1. Lacks deep emotional nuance
2. Overly accepting
3. Emotional dependence



THERAPIST – EXAMPLE USE

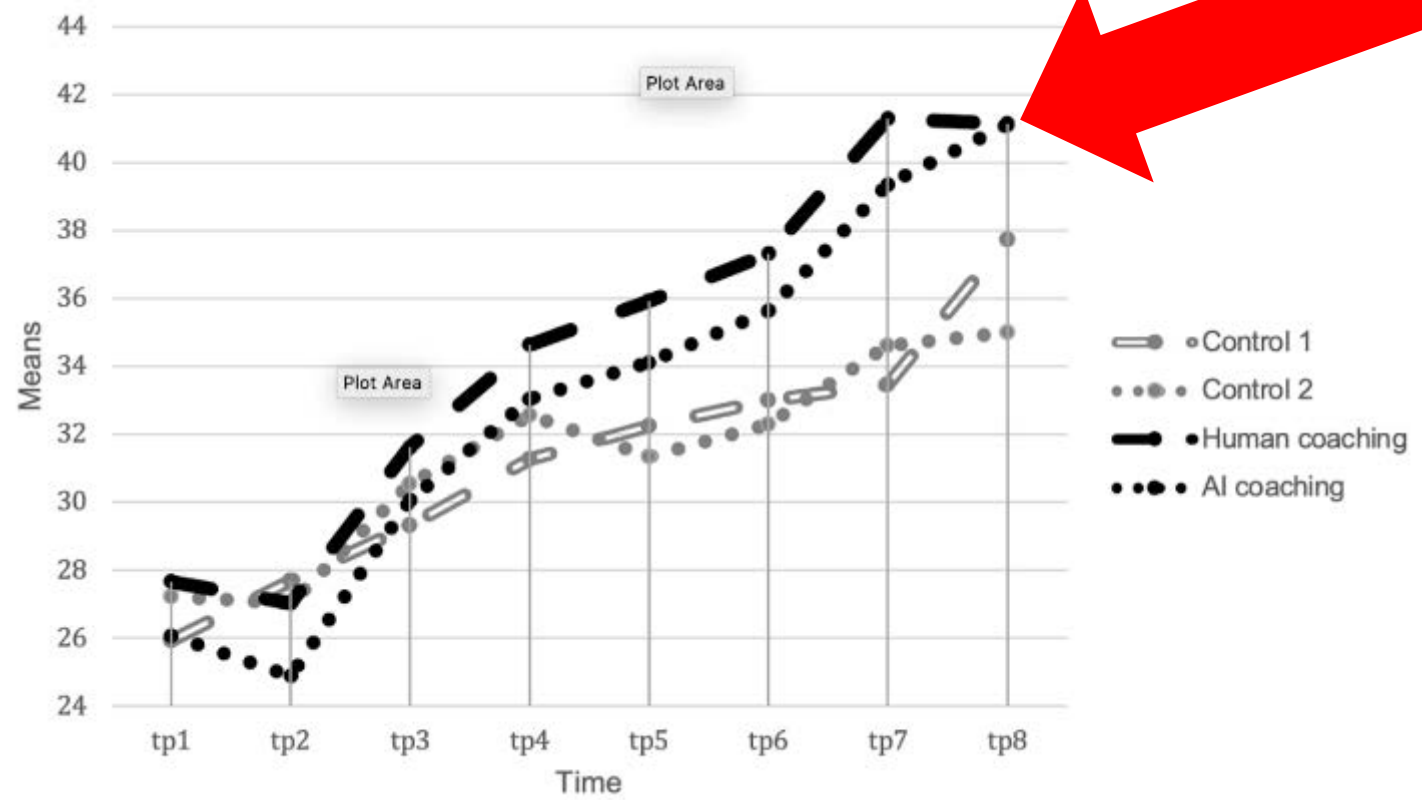
Dr Sanchez



PERSONAL COACH



PERSONAL COACH




(June 2022 Research Paper)

PERSONAL COACH – EXAMPLE USE

3-3-3 Prompt

*“Based on our past conversations suggest **3 strengths** and **3 weaknesses** about me and provide **3 actionable steps** I can take to improve my productivity and wellbeing.”*



PERSONAL COACH - RISKS

Hallucinations ➡ Wrong advice



KEY TAKEAWAYS - 1

Embrace
AI Wisely



KEY TAKEAWAYS - 2

Use AI
Intentionally



KEY TAKEAWAYS - 3

Balance
with Human
Connection



THANK YOU

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