

Unlock the Potential of Artificial Intelligence for Well-being

A series of four online workshops on Artificial Intelligence,
ethics, and inner skills

AI4Well - Artificial Intelligence Ethics for Well-being 6th EuniWell Seed Funding Call




Join our series of four interactive workshops exploring fundamental concepts of Artificial Intelligence (AI), AI ethics, and well-being. Through a structured approach, you will develop key inner skills such as concentration, mindfulness, creativity, active listening, and communication. We will discuss the challenges of implementing AI for well-being and explore practical solutions.

Workshop Schedule

 **Dates:**

- 25 February
- 4 March
- 11 or 12 March
- 18 March

 **Time:** 14:30–16:30 CET

Topics Covered:

1st Workshop

This introductory workshop is the first in the series of four sessions and aims to introduce participants to the world of AI, with a particular focus on its ethical aspects and its impact on well-

being. By combining theory, personal reflection, and group sharing, the workshop will help develop greater awareness of these topics in a collaborative learning environment.

Specific topics

- Artificial Intelligence
- Well-being
- AI Ethics

2nd Workshop

The second workshop in the series will deepen the topic of AI ethics, with a particular focus on the European Union's approach and guidelines for ethical AI implementation, also considering the development of inner skills. The goal is to provide concrete tools to understand and apply ethical principles in the use of AI, with special attention to individual, collective, and planetary well-being.

Specific topics

- Ethics of Well-being
- AI Ethics for Well-being
- Implementation challenges and inner skills

3rd Workshop

The third workshop in the series will focus on an experiential approach to AI through an interactive focus group, encouraging critical reflection on its applications and implications. Through an open and participatory dialogue, participants will gain greater awareness of the changes AI is bringing to creativity, hyper-personalization, and the evolution of digital platforms.

Specific topics

- AI creativity and its implications
- Experiencing hyper-personalization and its implications
- Experiencing AI-empowered platforms and their implications

4th Workshop

The fourth and final workshop in the series serves as a moment of synthesis and deepening, where participants will have the opportunity to reflect on the topics covered in previous sessions and discuss any new insights that have emerged. The session will be structured to integrate past experiences, gather feedback, and consolidate acquired knowledge. Additionally, it will provide an opportunity to collect feedback on the content and methodology used, with the goal of designing future AI literacy and training initiatives.

Specific topics

- Results from the EUniWell survey on AI and Digital Well-being (DIGIWELL EUniWell Seed Funding Project)
- AI and Creative Industries
- Q&A
- Insights from the workshops

Participation Details

- ◆ **Limited spots available!** Only 20 participants/session will be accepted.
- ◆ We invite students, as well as academic staff (professors, researchers, etc.) and administrative staff, to join us.
- ◆ It is also possible to attend just one session.
- ◆ **Priority will be given to those committed to attending all four workshops** and ensuring broad representation across the EUniWell universities participating in AI4Well.
- ◆ Registrations will be processed on a first-come, first-served basis.

Registration: <https://forms.gle/BMJAUPfceA66M8ss6>

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