



AI in the Workplace

AI as Your Co-Pilot Workshop: Start AI upskilling with 'The Matts'

Curious about leveraging AI responsibly in your work in a human centric way or confused and don't know where to start?

Join the conversation with Dr Matthew Mort & Matthew Hayden for a practical 'AI workshop'. Get a taste of how to work alongside AI as a collaborative assistant (co-creation), with a focus on responsible AI use and keeping your data safe. The Matts understand that adopting AI is more about mindset than technology. They've helped staff transform AI scepticism into practical innovation through their 'learn by doing' approach. Cut through the hype and start your AI journey with guides who've been exactly where you are.



Explore AI as your workplace assistant



Develop good habits for responsible AI use



Discover smart ways to blend AI into your work



Access to smartphone or laptop required



4 Hour workshop

Learn by Doing

Experiment with AI tools through guided hands-on exercises to build practical confidence.

Responsible AI Use (including protect your data)

Protecting Your Data:

- Identify sensitive data types that should never be shared with AI systems.
- Recognise potential biases and limitations in AI-generated content.
- Understand the environmental, ethical and financial considerations of AI implementation.

Workplace Productivity

Explore AI workplace usage cases as an assistant.

Prompt Engineering

Develop effective prompts using the five key principles, to improve AI outputs.

For further information and to find out more about our workshops please contact Matt Mort or Matt Hayden:

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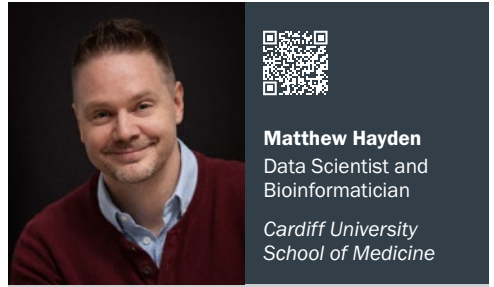




Dr Matthew Mort
Senior AI & Data
Science Specialist
*Cardiff University
School of Medicine*

Matthew helps lead the Human Gene Mutation Database and Clinical AI research, pioneering a community-led approach to AI adoption.

With a PhD in machine learning and practical generative AI experience, he co-developed Cardiff University's AI in the Workplace training helping professionals confidently & responsibly integrate AI into everyday work through hands-on coaching and experimentation.



Matthew Hayden
Data Scientist and
Bioinformatician
*Cardiff University
School of Medicine*

Matthew specialises in AI-driven data extraction from medical literature at the Human Gene Mutation Database.

With an NHS background, he co-developed Cardiff University's AI in the Workplace initiative, combining practical implementation with people-first principles emphasising data safety, critical thinking and responsible use.

AI in the Workplace training has been delivered on a bespoke workshop basis for the following Organisations:



The future of work isn't about replacing people with technology, it's about giving people the tools to do their best work."

Mike Kitchin | Morgans Consult

Onward Journey opportunities

Cardiff University supports public sector learners and organisations with a broad range of follow-on opportunities beyond this training programme. These include:

- Open and bespoke CPD courses
- Student placements and consultancy services
- Knowledge Transfer Partnerships (KTPs)

Start the Conversation

Our team is available to facilitate conversations and provide guidance on how to make the most of these opportunities. **Contact the CPD Unit:** train@cardiff.ac.uk