





ARTIFICIAL INTELLIGENCE



A futuristic scene set against a dark, starry space background. On the left, a large, complex digital structure made of pink and blue rectangular blocks and lines extends towards the center. A large, metallic, silver robotic hand with green glowing joints reaches out from this structure towards the right. In the bottom right corner, a small man in a dark jacket stands on a golden, rectangular pedestal, pointing his right hand towards the robotic hand. The overall atmosphere is one of technological advancement and human interaction with artificial intelligence.

ARTIFICIAL INTELLIGENCE

ARTIFICIAL INSANITY

FUTURE CRUNCH PRESENTS...

CTRL+ALT+ADAPT

WITH

TĀNE HUNTER



A futuristic landscape featuring a dirt road leading towards a glowing horizon. The sky is filled with stars and a vibrant blue and purple nebula. Three silhouetted figures stand on the road, looking towards the horizon. The overall scene is dark and atmospheric, with a strong sense of depth and wonder.

FUTURE CRUNCH

A close-up, profile view of a woman's face against a black background. Her right eye is replaced by a glowing, white, spherical artificial eye. On her left cheek, there is a circular, glowing blue tattoo or implant that features the Twitter bird logo. The lighting is dramatic, highlighting the contours of her face and the texture of her skin.

BLACK MIRROR



HERE IS WHERE THINGS ARE

ALL OF THE
PROBLEMS



Also...
ALL OF THE
SOLUTIONS

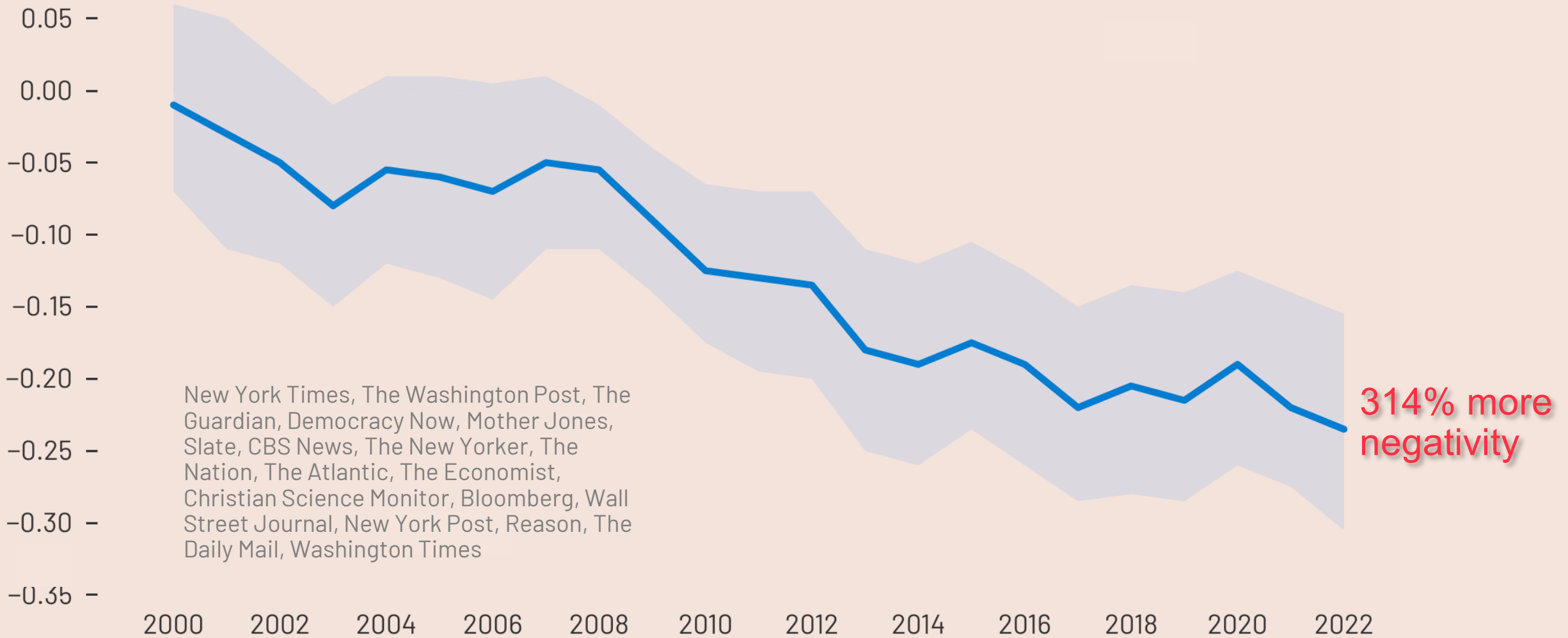


THE INFORMATION DIET

THE NEWS IS A LOT MORE NEGATIVE

Source: Rozado (2023)

Sentiment in 23 million headlines, 2000-2022



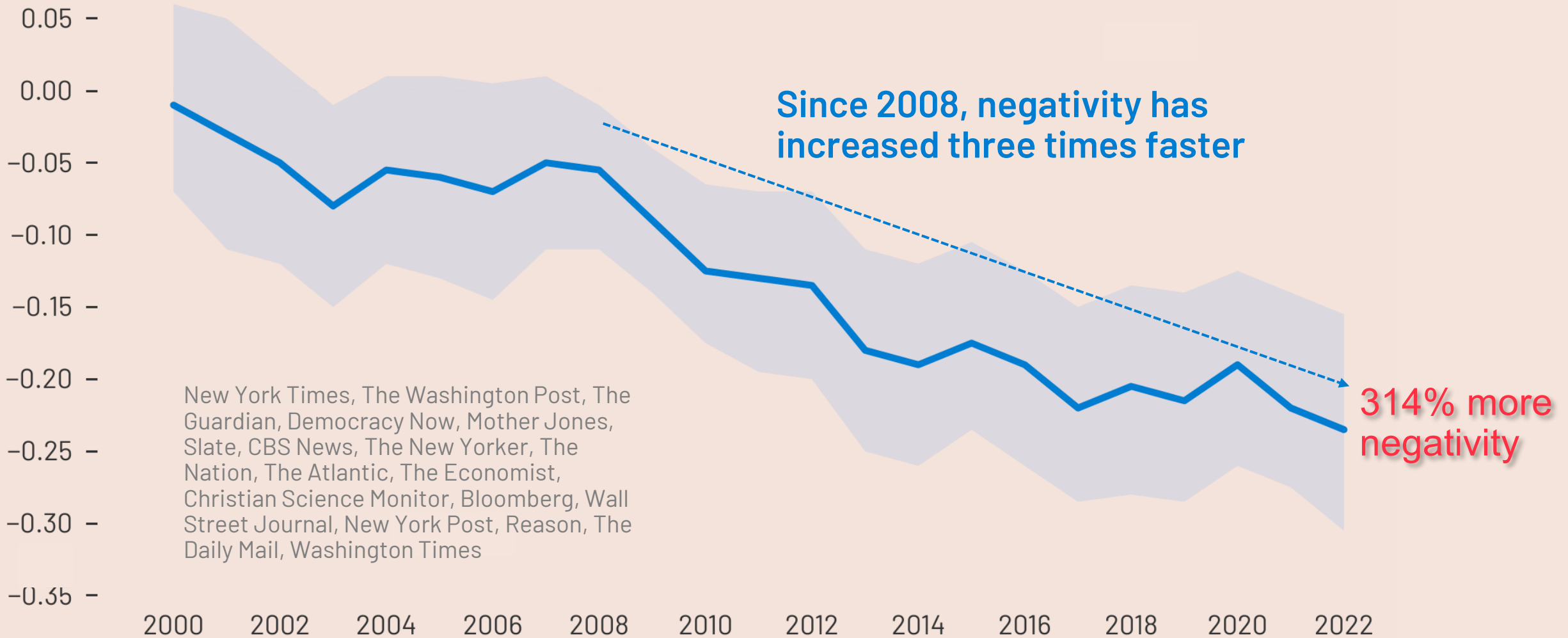
New York Times, The Washington Post, The Guardian, Democracy Now, Mother Jones, Slate, CBS News, The New Yorker, The Nation, The Atlantic, The Economist, Christian Science Monitor, Bloomberg, Wall Street Journal, New York Post, Reason, The Daily Mail, Washington Times

314% more negativity

THE NEWS IS A LOT MORE NEGATIVE

Source: Rozado (2023)

Sentiment in 23 million headlines, 2000-2022



Healthy Information Diet

Amount Per Serving

Total Words 52827 267 minutes
74% of Daily Recommended Intake

	% of Book
History	9%
Anecdotes	18%
Scientific Research	10%
Commentary	27%
Public Data	2%
Advice and Recommendations	32%
Notes and Citations	2%
Outcomes	
Healthier Lifestyle	50%
Increased Civic Effectiveness	10%
Stronger Relationships	15%
Higher Productivity	25%
Bias	
Ideological	10%
Professional	25%
Experiential	65%



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A close-up photograph of a person's hands holding a white ceramic mug. The person is wearing a vibrant red, textured knit sweater. The mug is held with both hands; the left hand is on the handle and wears a multi-colored ring, while the right hand is positioned below the mug. The text on the mug is printed in black. The words 'DIET' and 'STARTS' are in a bold, uppercase sans-serif font, while 'MONDAY' is in a lowercase, cursive script font.

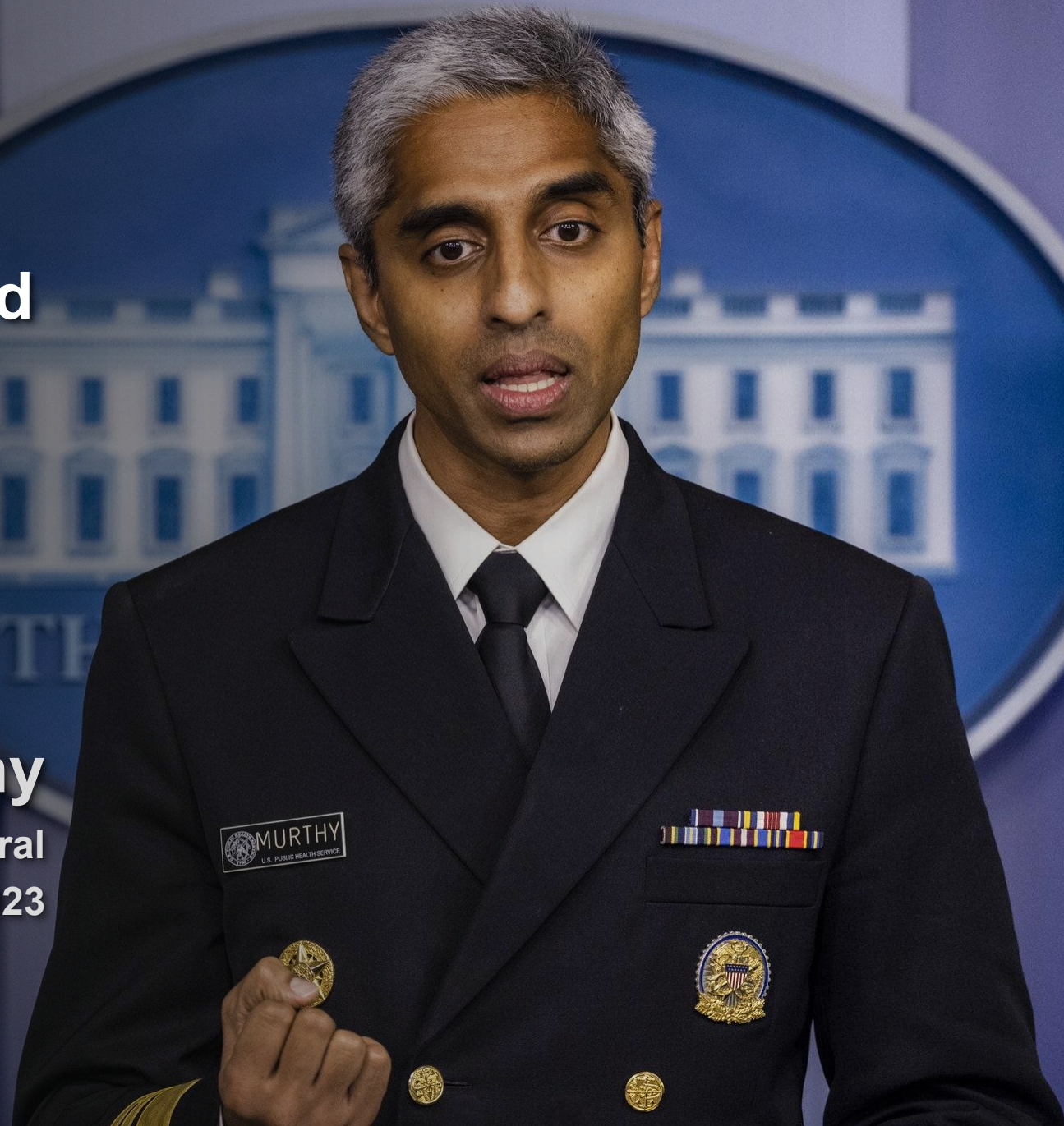
DIET
STARTS
MONDAY

**Social media use
can pose a profound
risk of harm to
mental health and
wellbeing.**

Vivek Murthy

United States Surgeon General

23rd May 2023



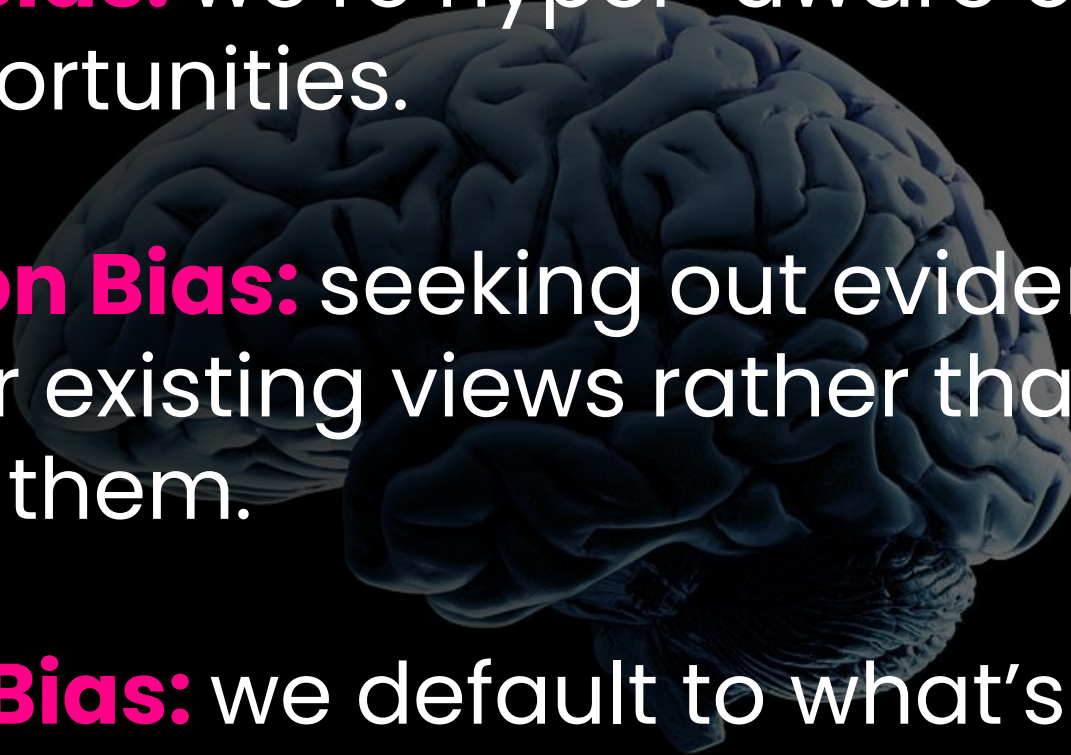


**We're ALL
biased.**

Negativity Bias: we're hyper-aware of risks and blind to opportunities.

Confirmation Bias: seeking out evidence that supports our existing views rather than challenging them.

Status Quo Bias: we default to what's familiar, even when a better alternative exists.

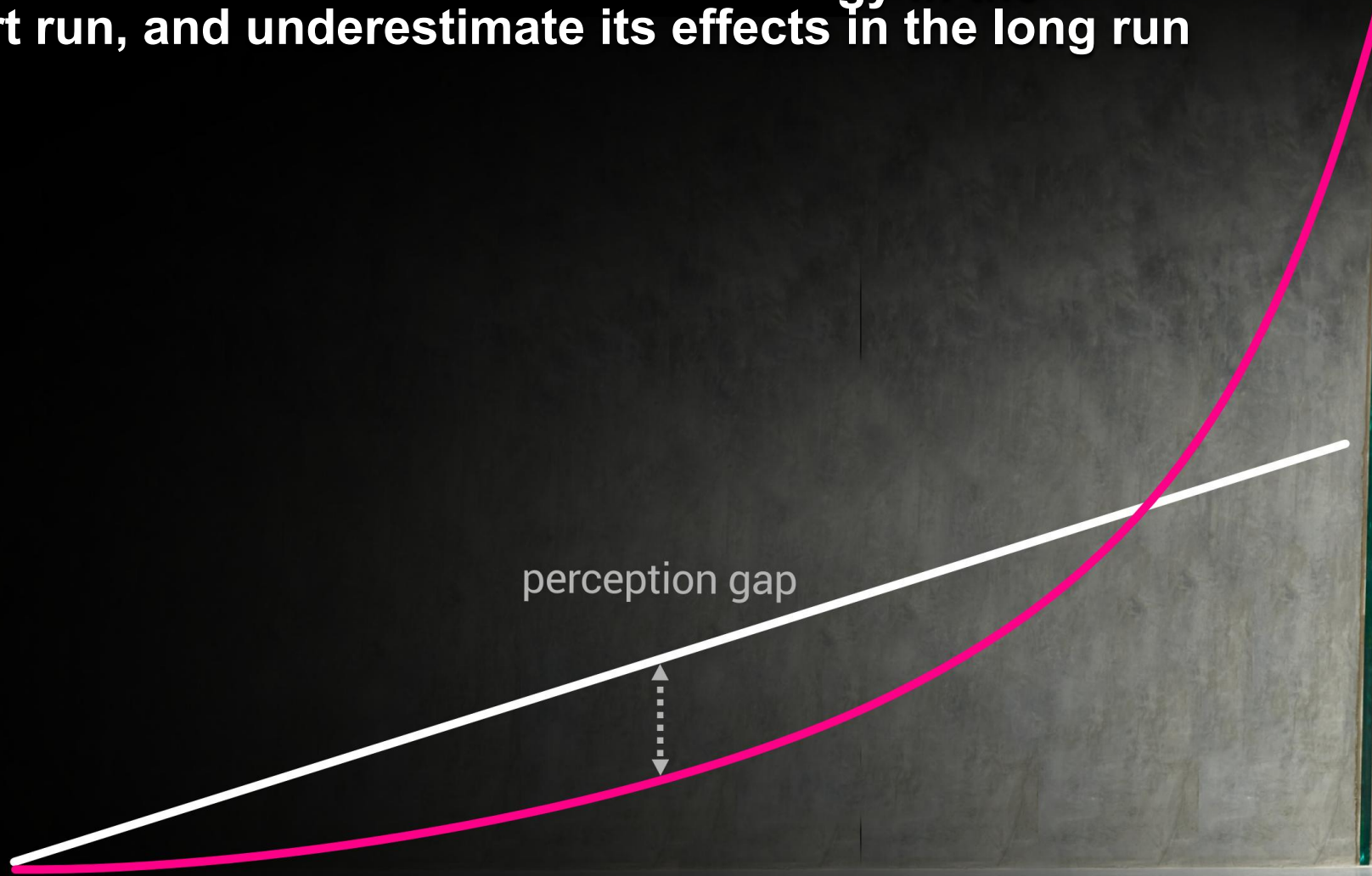


AMARA'S LAW

We overestimate the effects of technology in the short run, and underestimate its effects in the long run

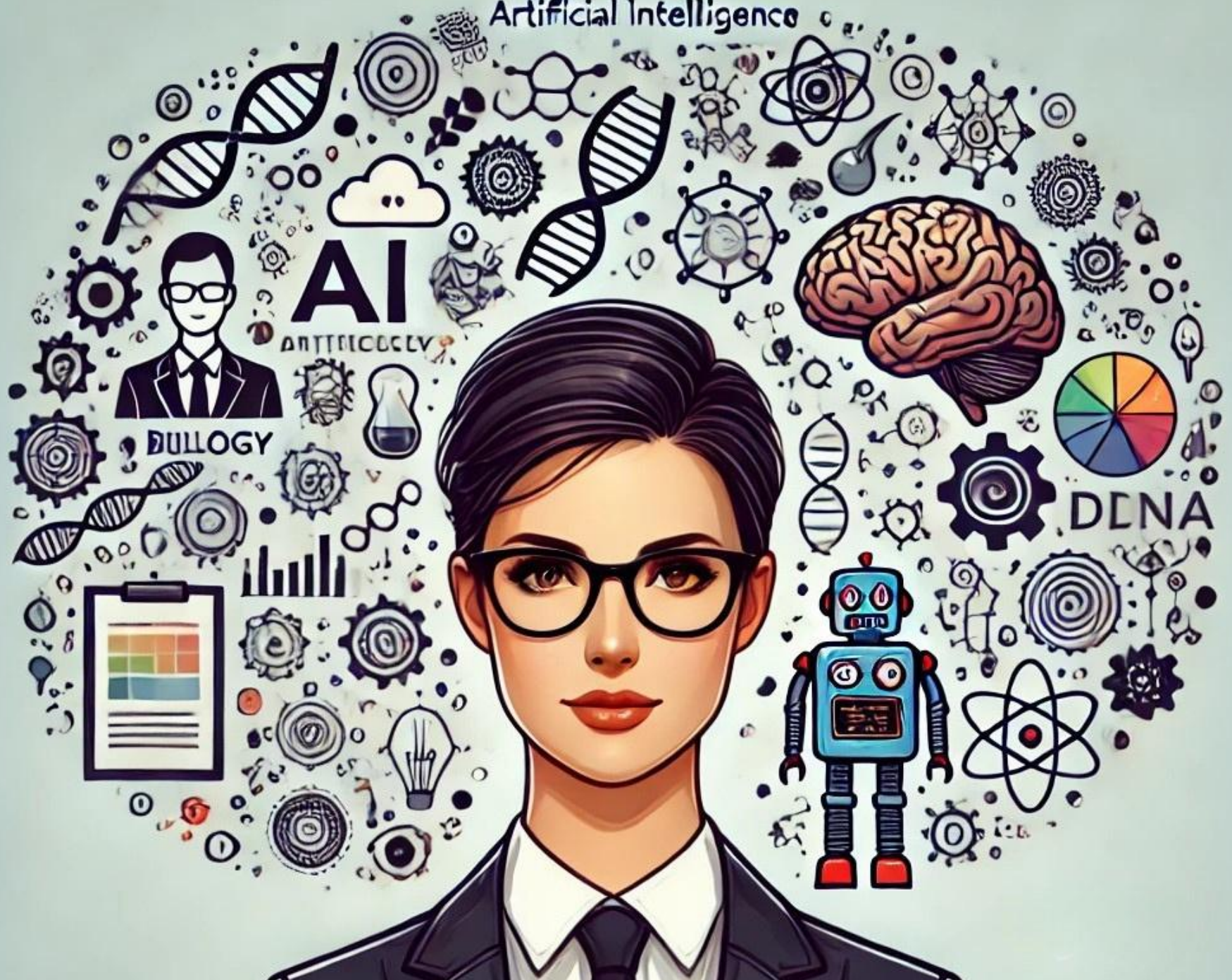
how technology changes
(exponential)

the way we think (linear)



THIS PRESENT
MOMENT
USED TO BE
THE UNIMAGINABLE
FUTURE

Artificial Intelligence



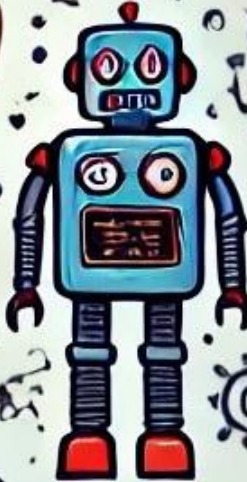
AI



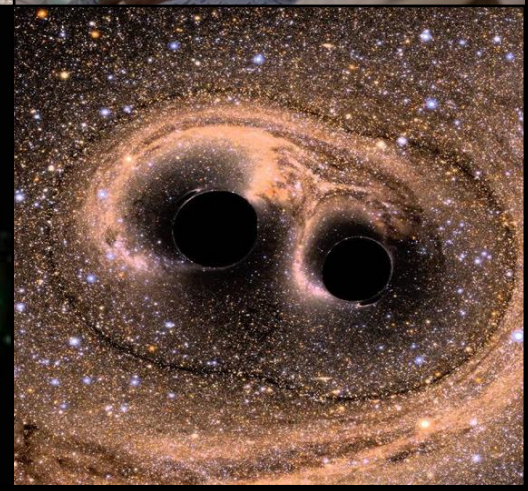
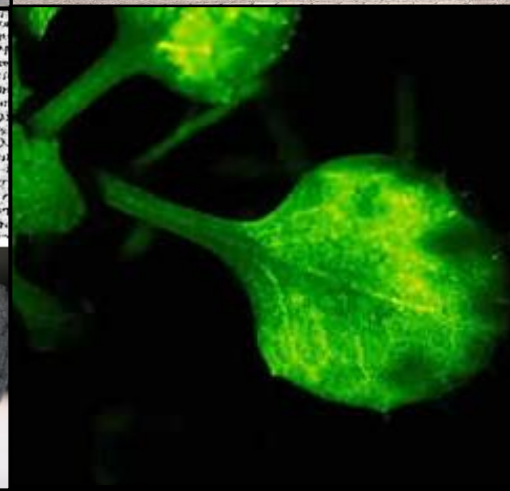
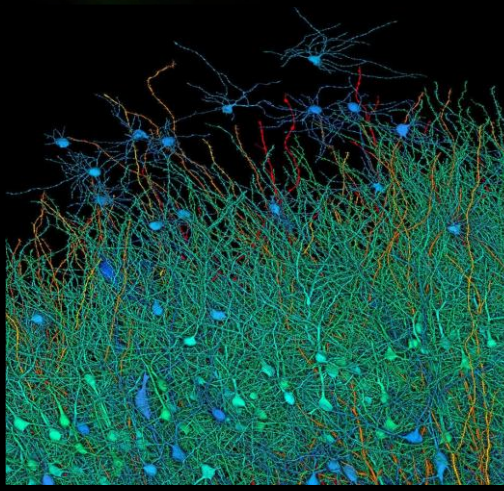
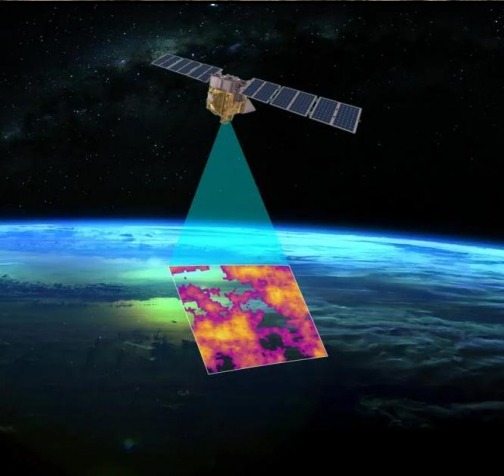
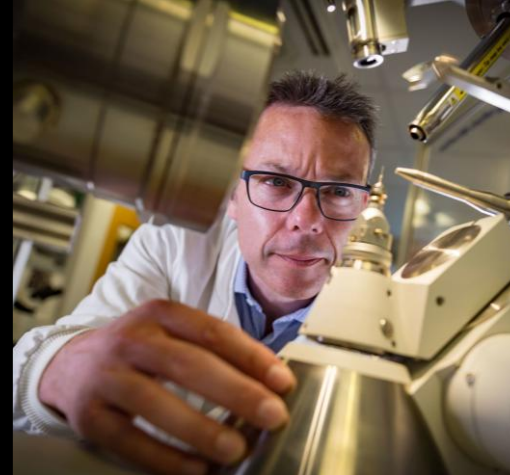
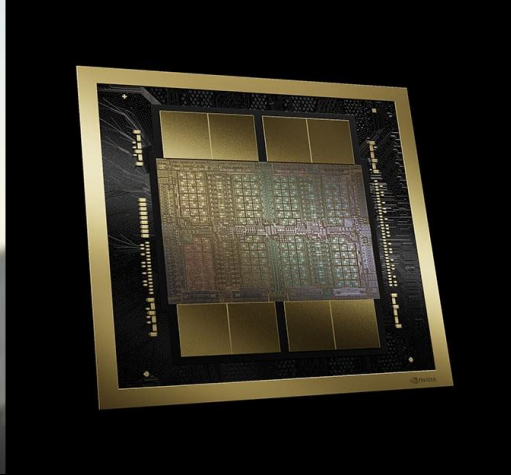
BULLOGY

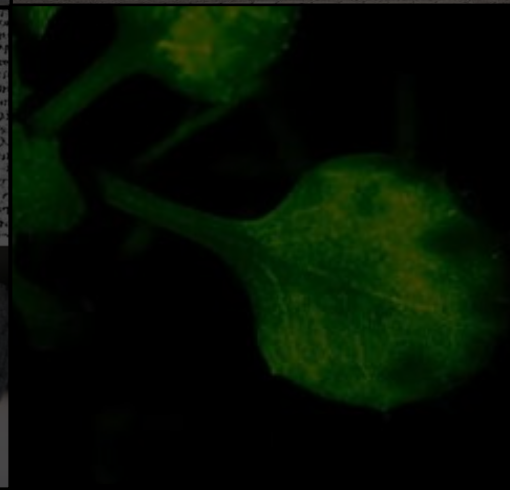
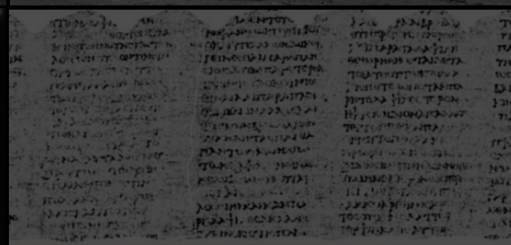
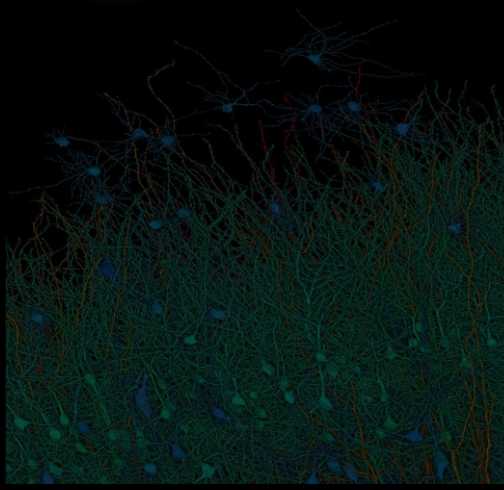
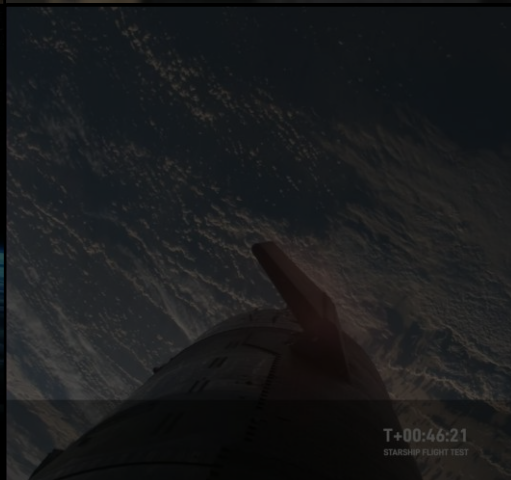
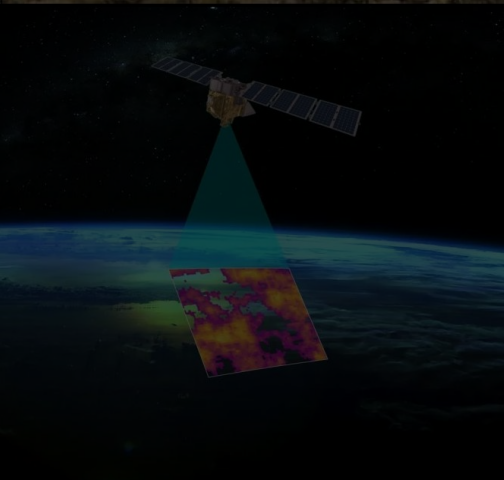
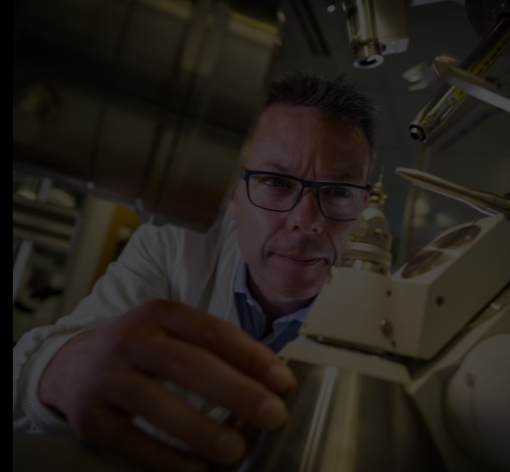
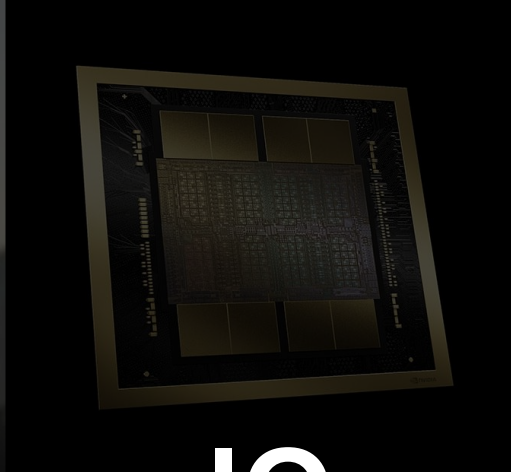


DNA

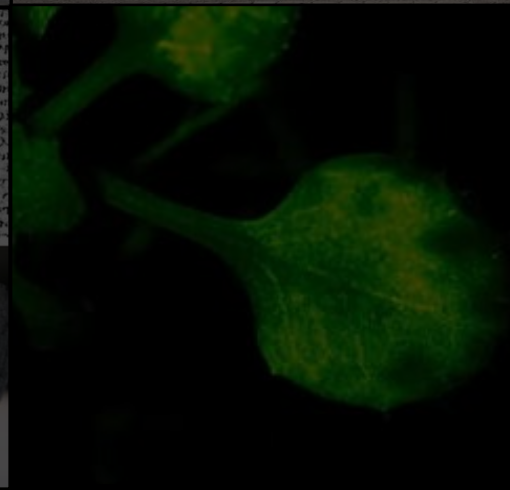
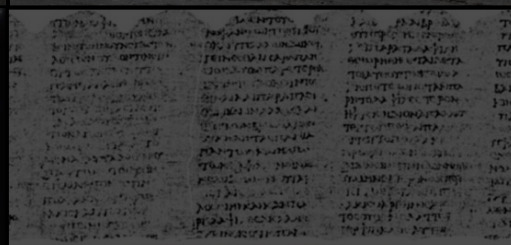
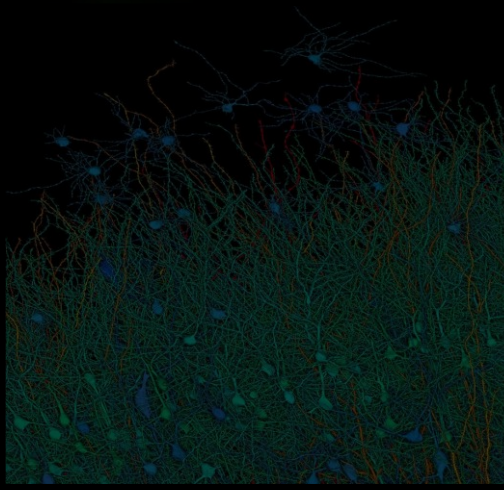
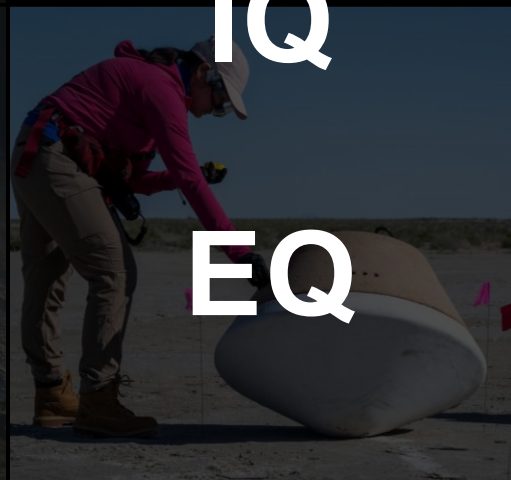
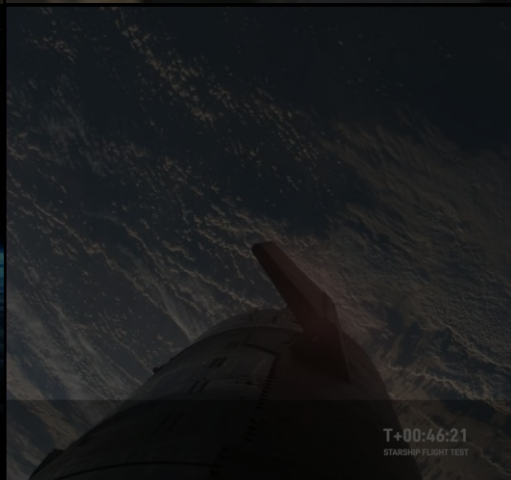
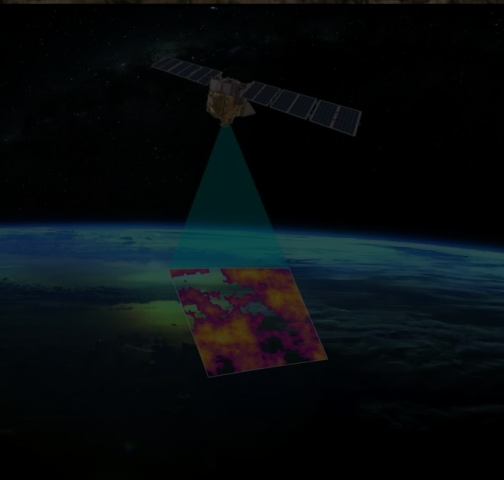
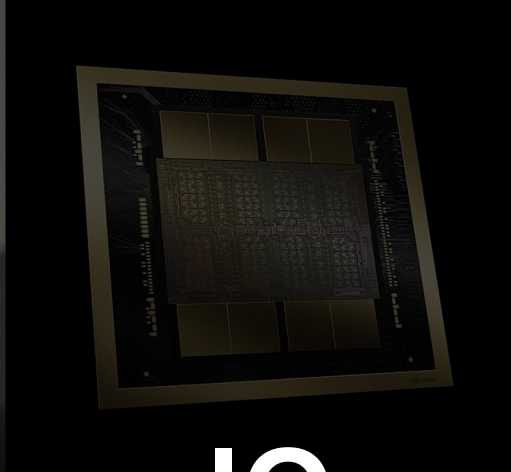


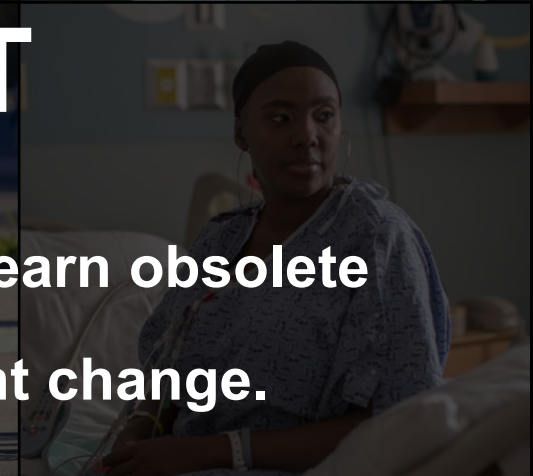
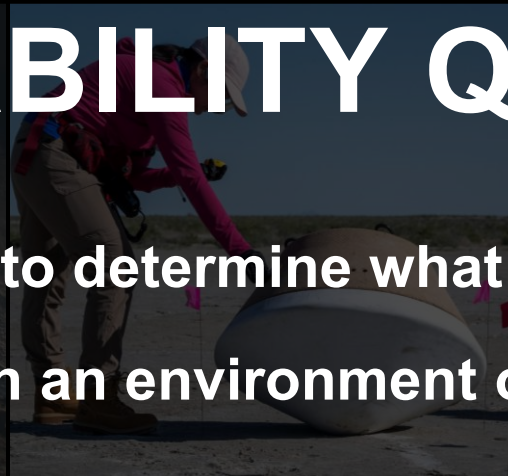
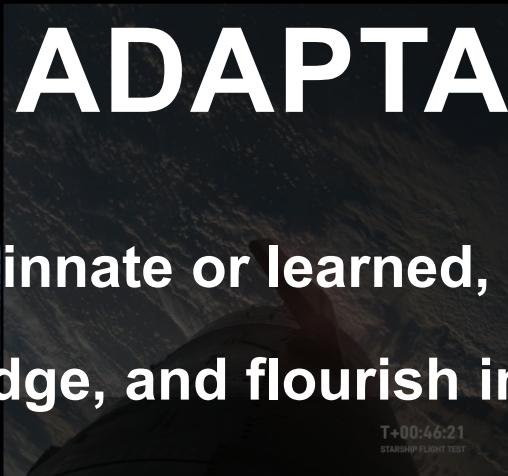
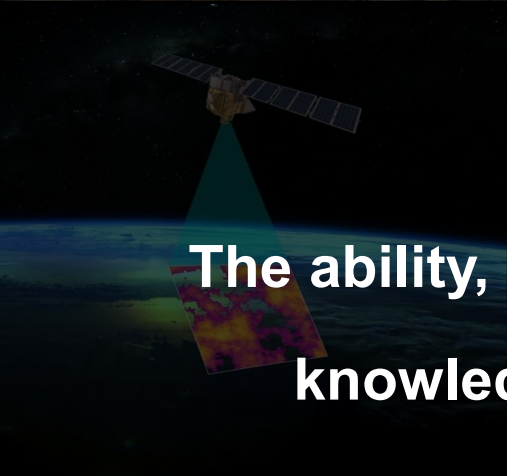
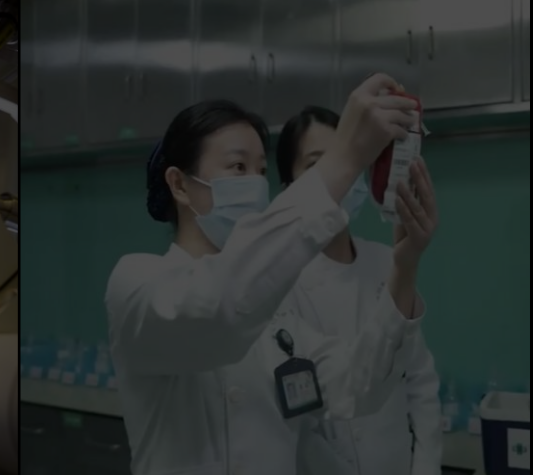
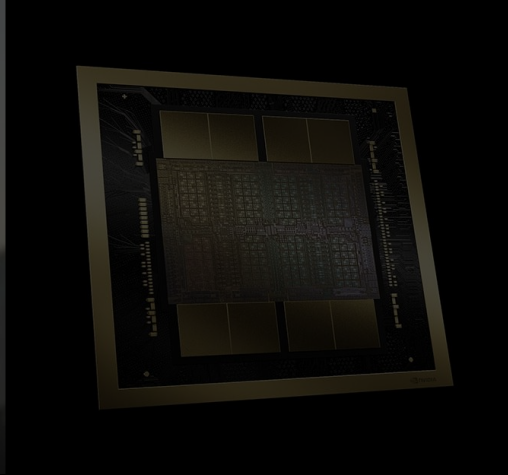






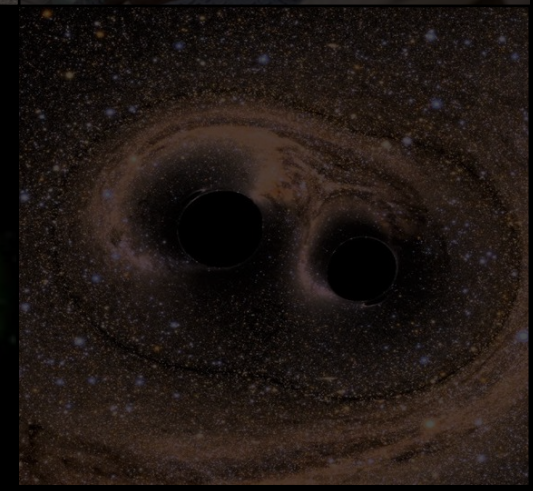
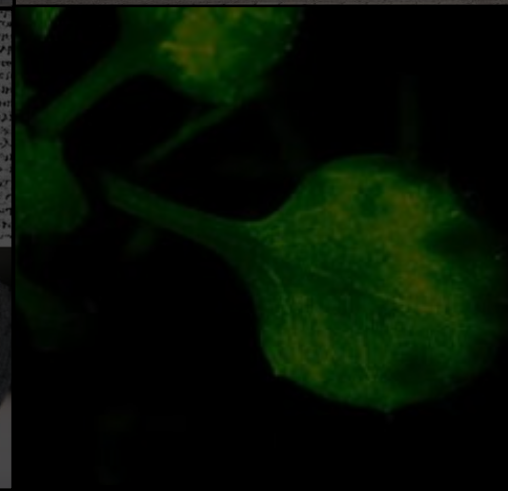
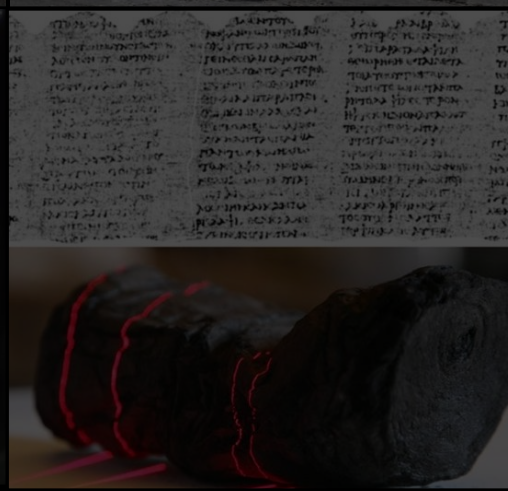
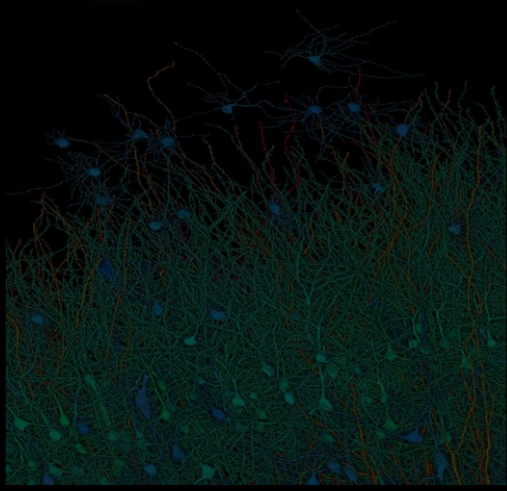
IQ

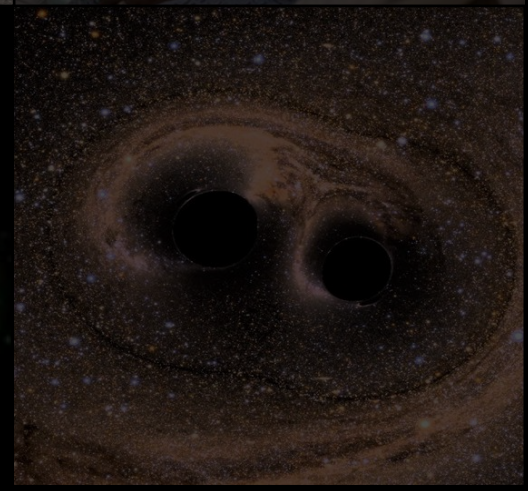
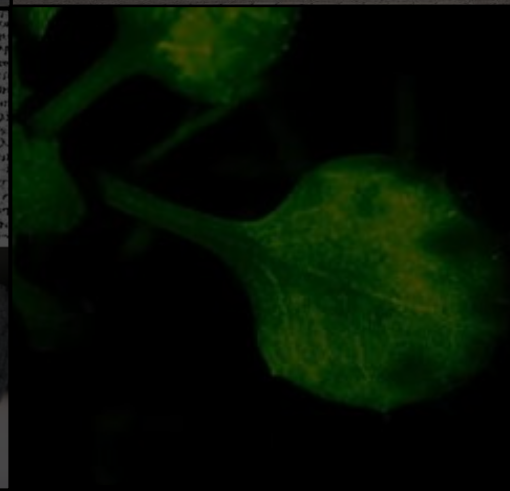
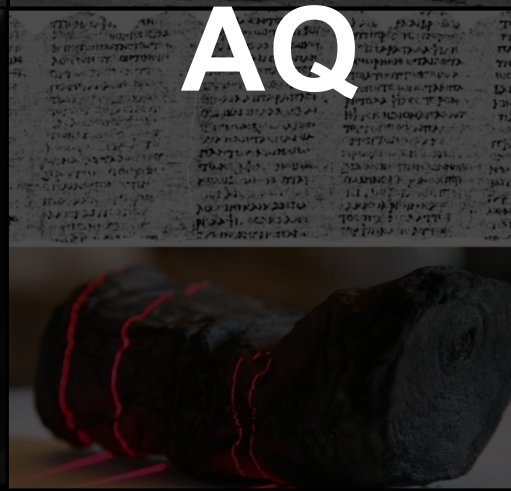
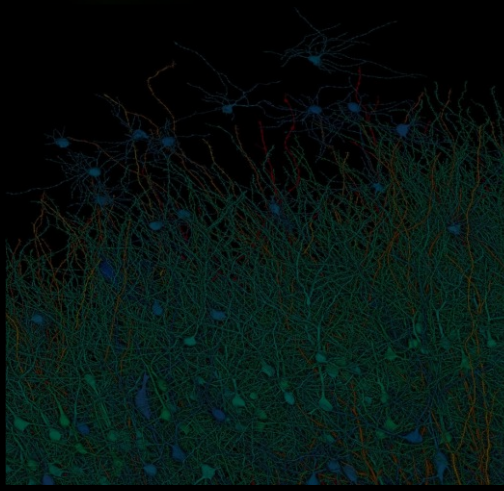
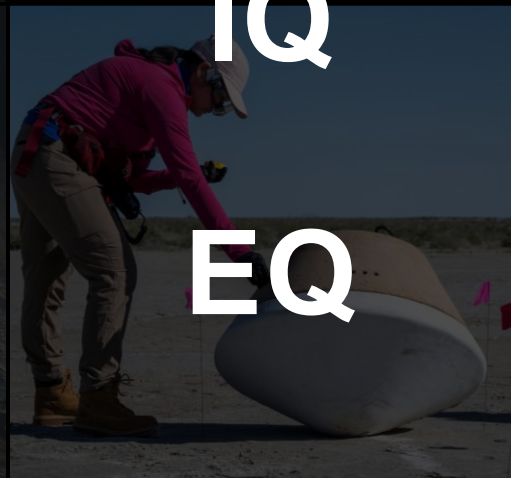
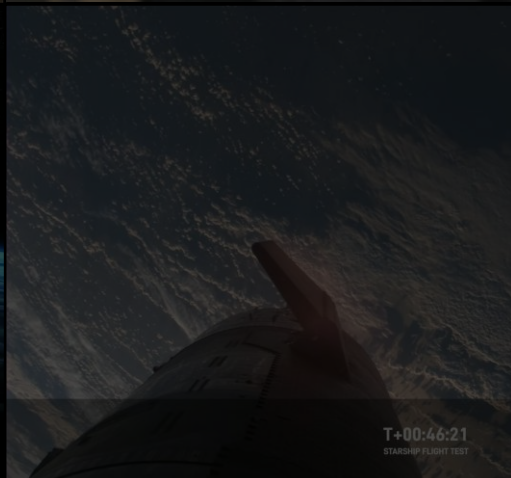
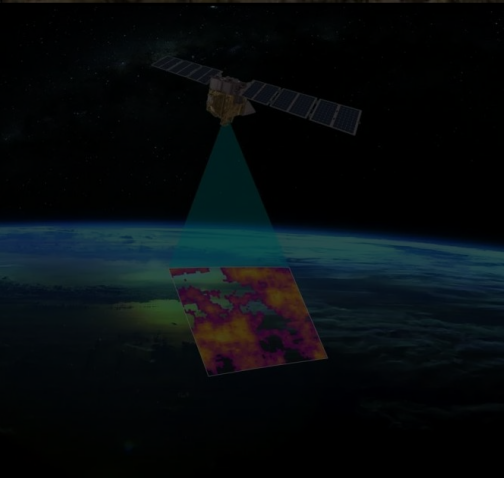
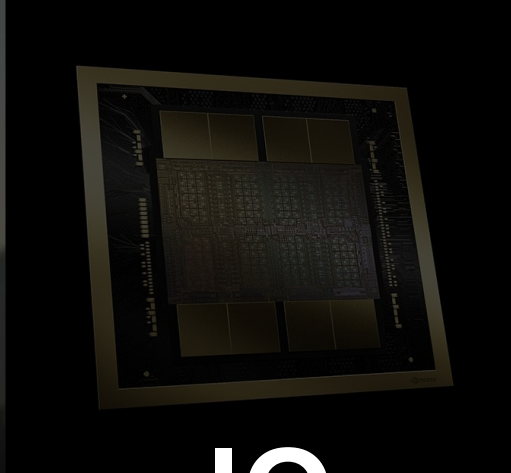




ADAPTABILITY QUOTIENT

The ability, innate or learned, to determine what is relevant, to unlearn obsolete knowledge, and flourish in an environment of fast and frequent change.





McKinsey Quarterly

Developing a resilient, adaptable workforce for an uncertain future

Everyone needs to maximize

Why Adaptability In T

Adaptability h
cultiv

More In

To Maximize

Adapt
Job Security

of volatility

an Era

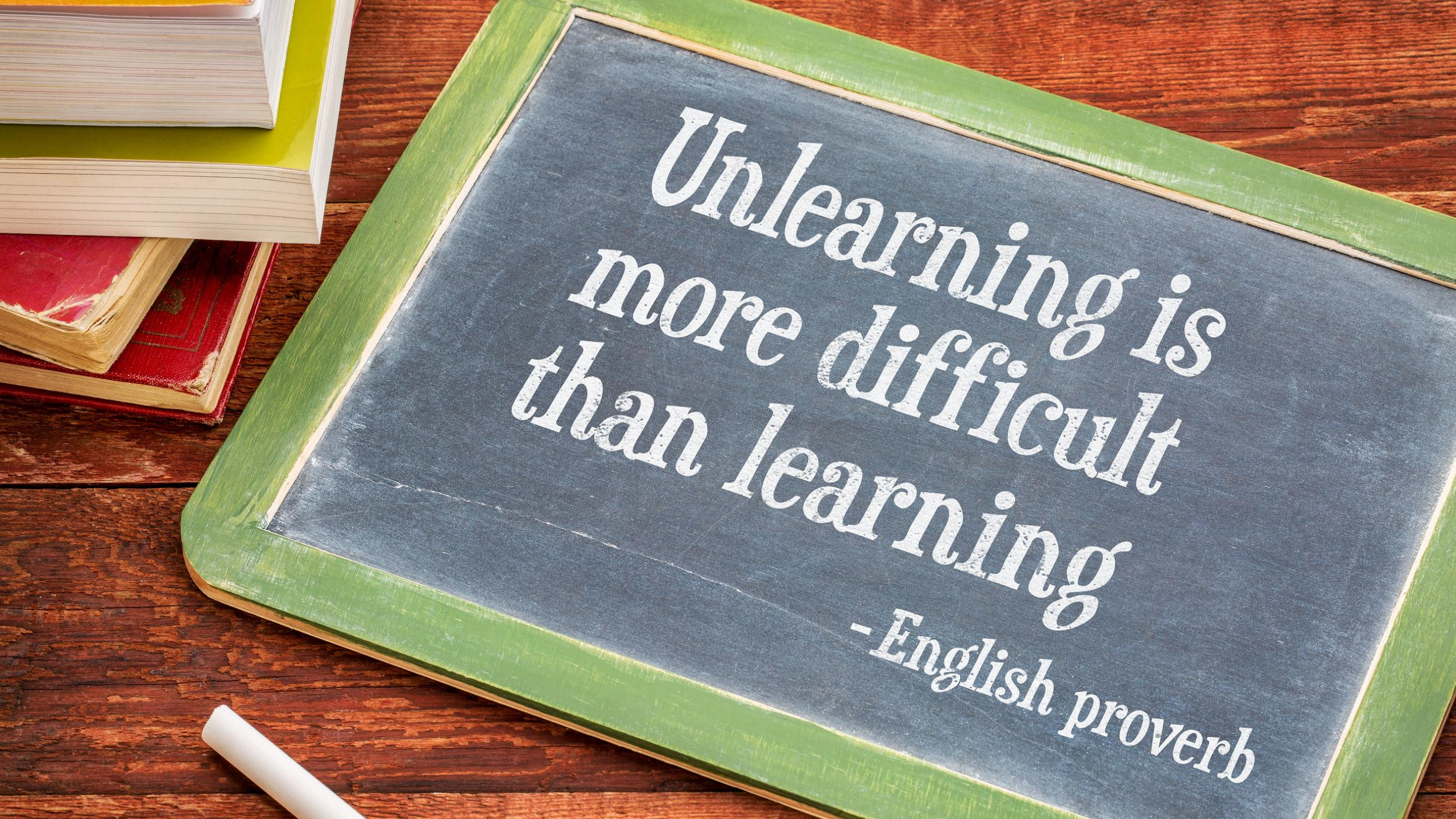
invest in prediction, adaptability, and resilience. by Dunigan O'Keefe,







AI

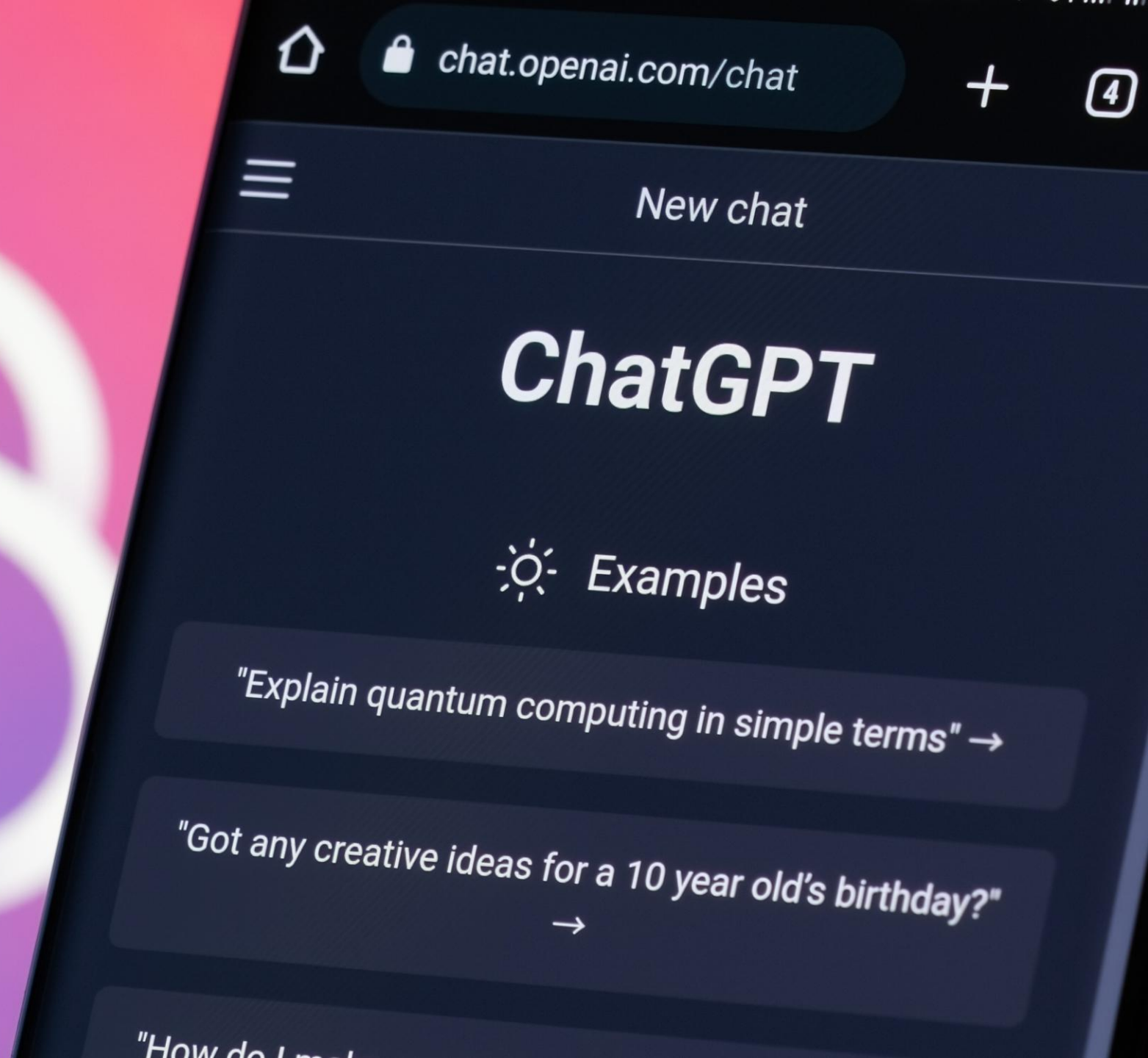
A green chalkboard with a white chalk inscription is the central focus, resting on a dark wooden desk. To the left, a stack of books is visible, including one with a red cover and another with a green cover. A white piece of chalk lies on the desk in the bottom left corner. The chalkboard's text is written in a white, serif font and is slanted upwards from left to right.

Unlearning is
more difficult
than learning

-English proverb








chat.openai.com/chat



New chat

ChatGPT

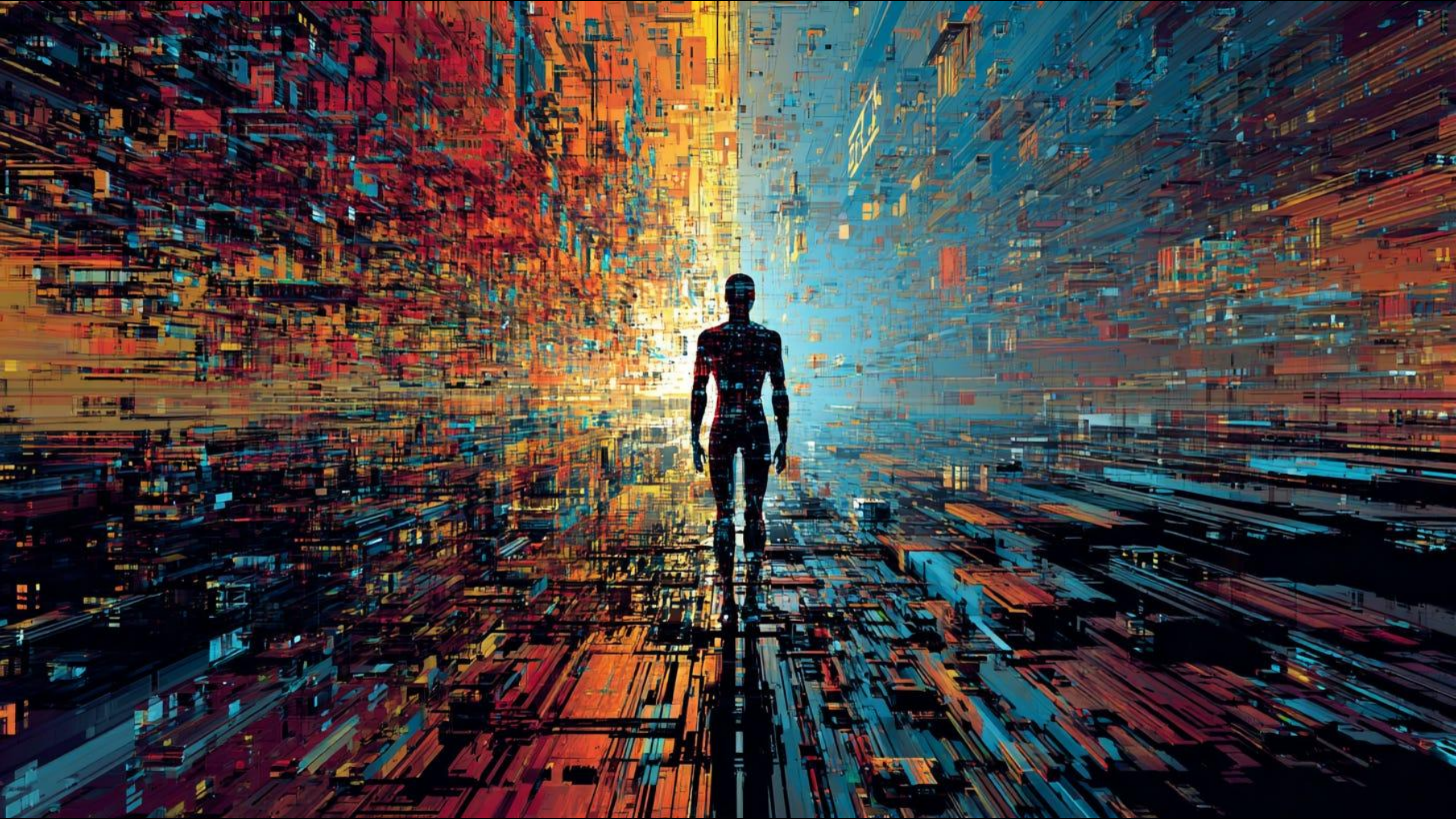
 Examples

"Explain quantum computing in simple terms" →

"Got any creative ideas for a 10 year old's birthday?"
→

"How do I..."



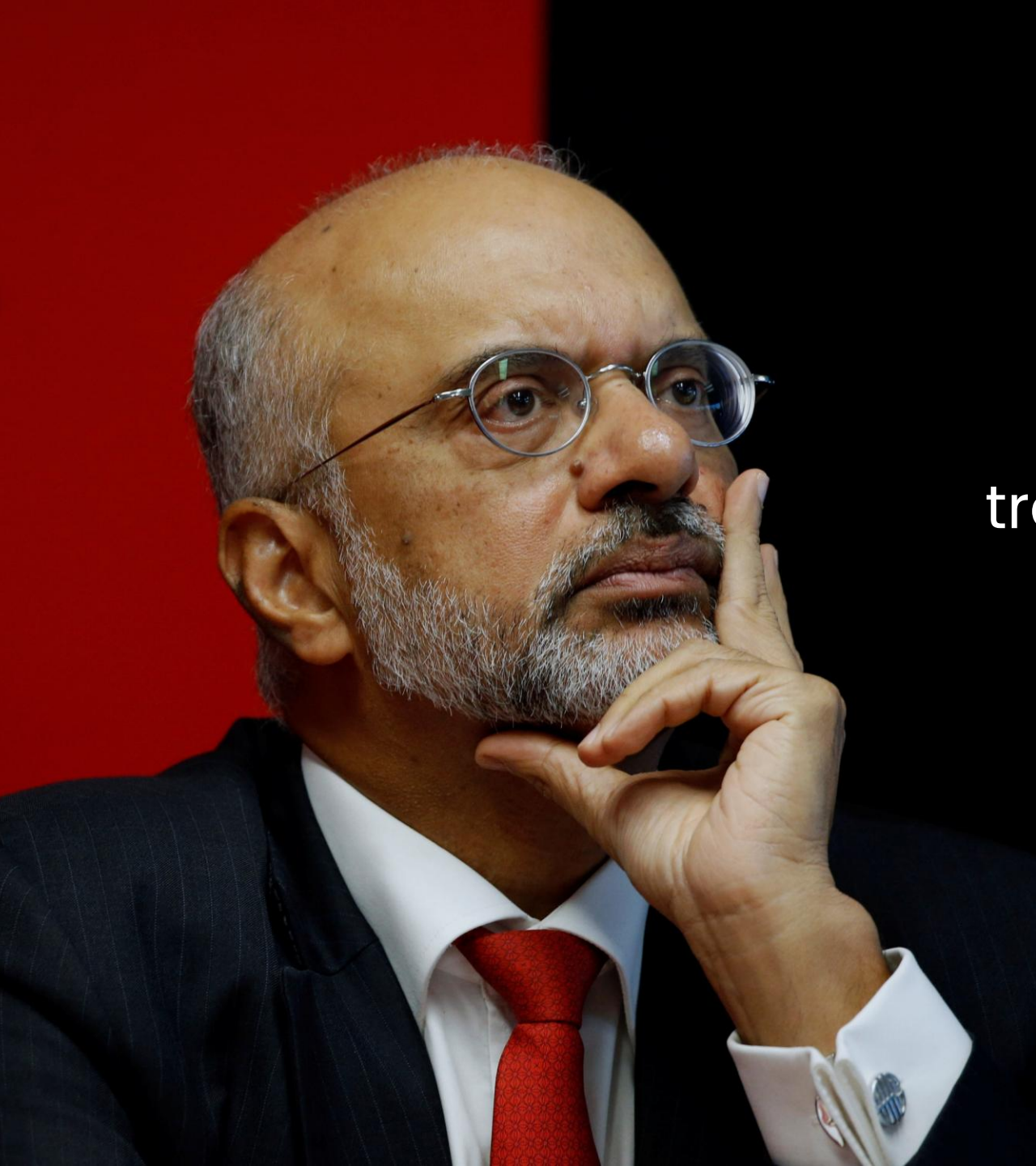




THE AGENTIC ERA



 DBS



“We’re not doing digital transformation. We’re becoming a 26,000–person startup.”

- Piyush Gupta



“We’re all in on AI.”

– **Tan Su Shan**

KORA
MÉDIA









**STRONG OPINIONS,
LIGHTLY HELD**





A woman wearing a beige hijab and a white lab coat is looking through a microscope in a laboratory. She is wearing blue gloves. The background is a blurred laboratory setting with various pieces of equipment and glassware. The text "THE SCIENTIFIC MINDSET" is overlaid in the center of the image.

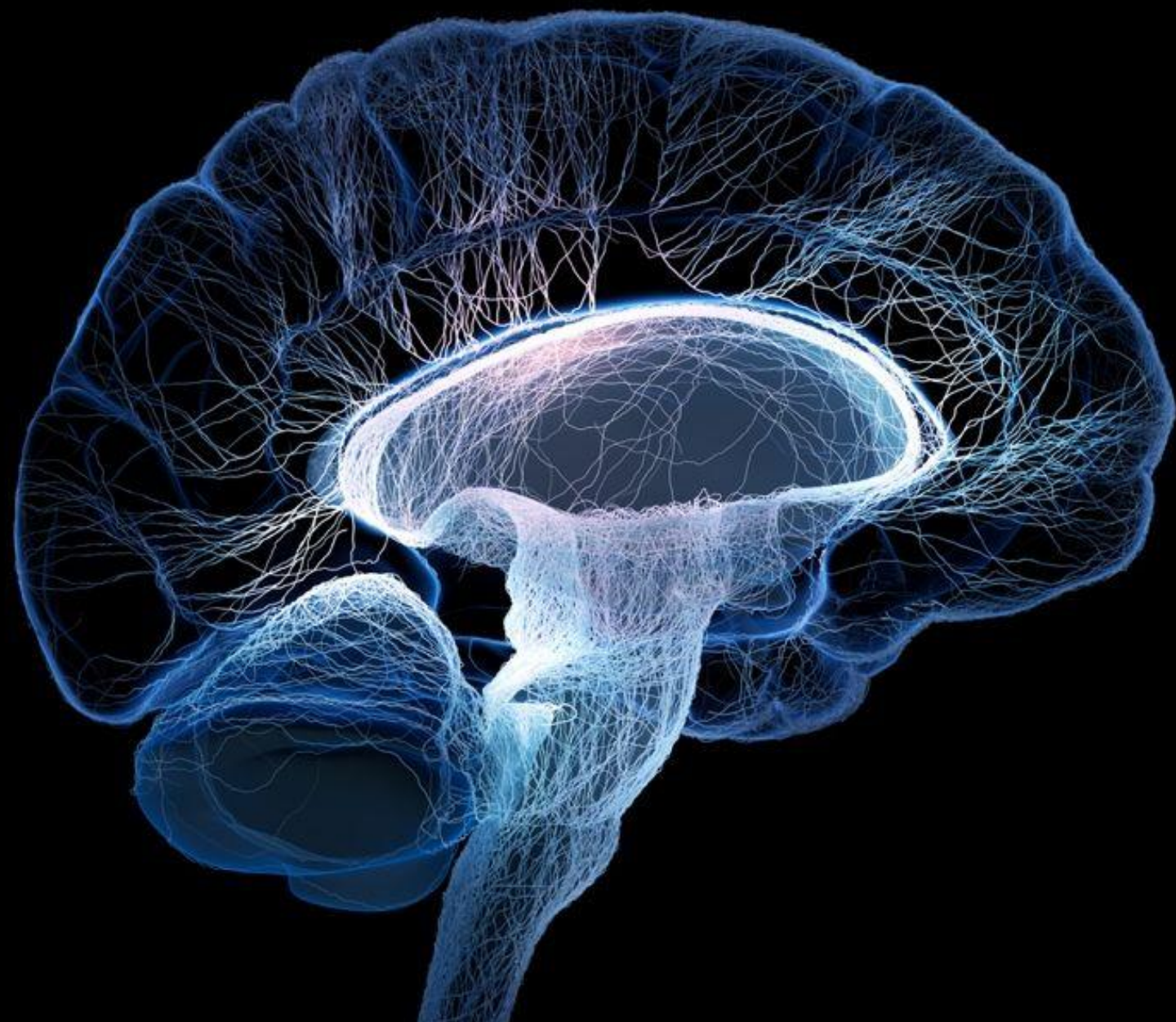
**THE SCIENTIFIC
MINDSET**









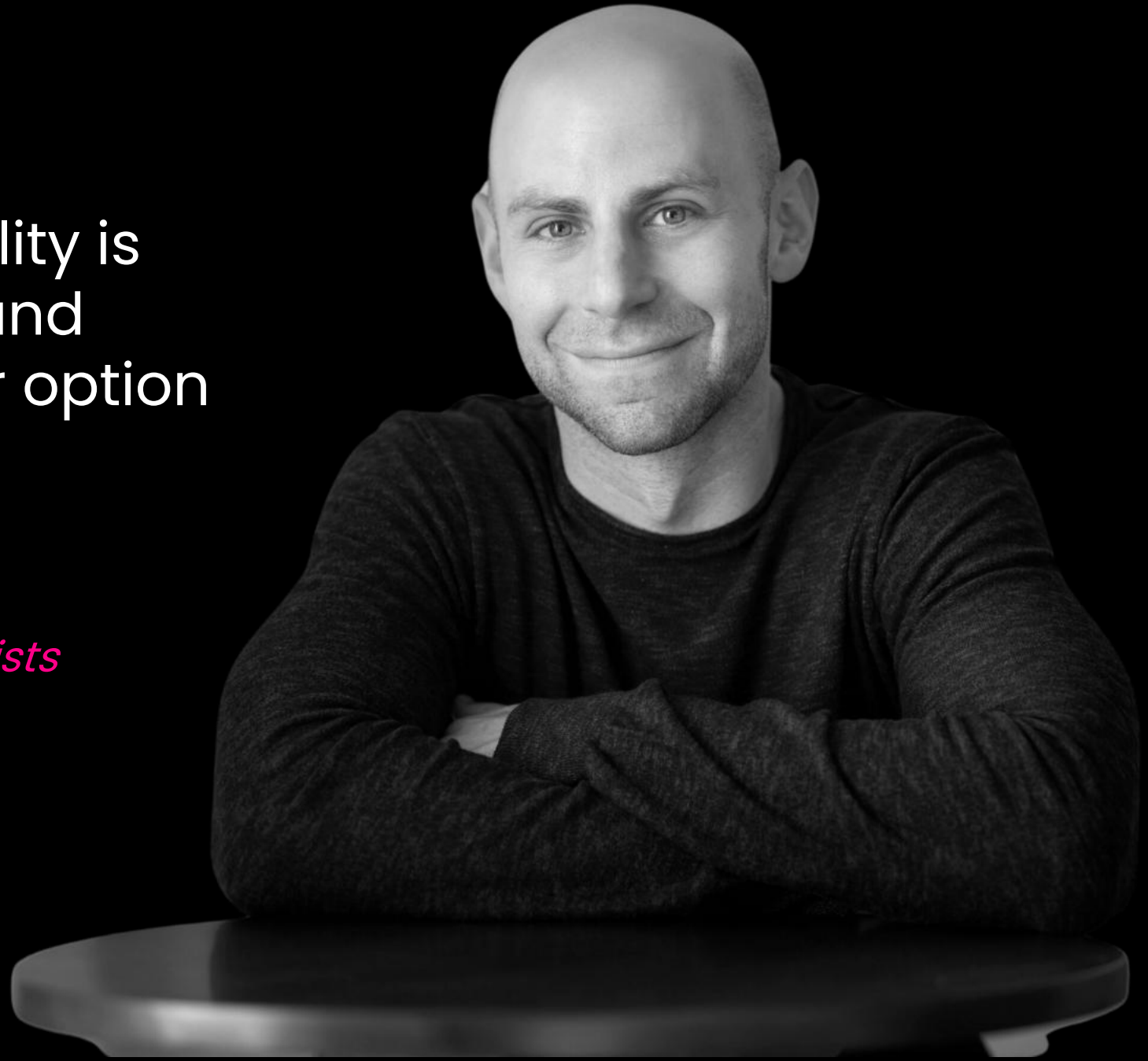




“The hallmark of originality is rejecting the default and exploring whether a better option exists.”

Adam Grant

*Originals: How Non-Conformists
Move the World*











"Play is training for
the unexpected."

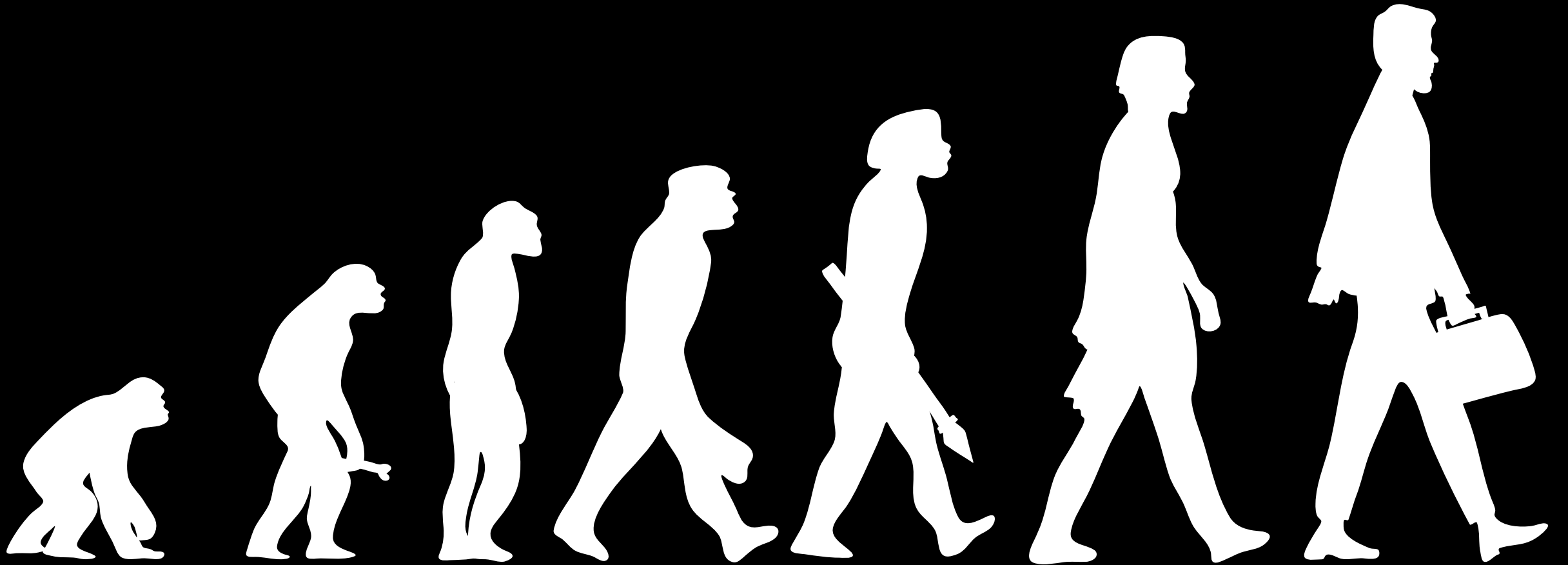
– **Marc Bekoff**
Evolutionary Biologist

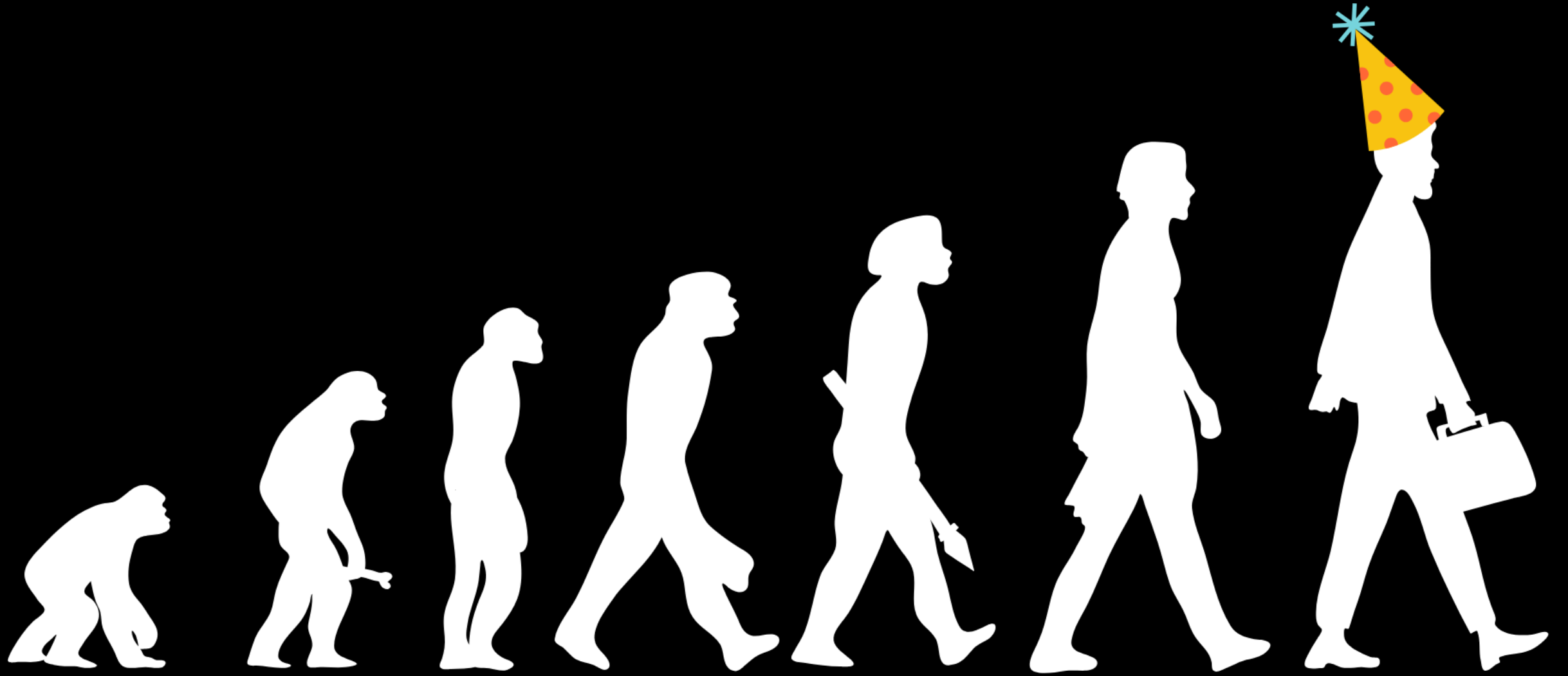












FOLLOW
YOUR

INSTINCTS



YOU GOT THIS

TEAM
NO
SLEEP

GRIND

HUSTLE

PURPOSE
VS
PASSION

WHAT IS
LIFE?

888

TO DO

WORK
HARD

\$

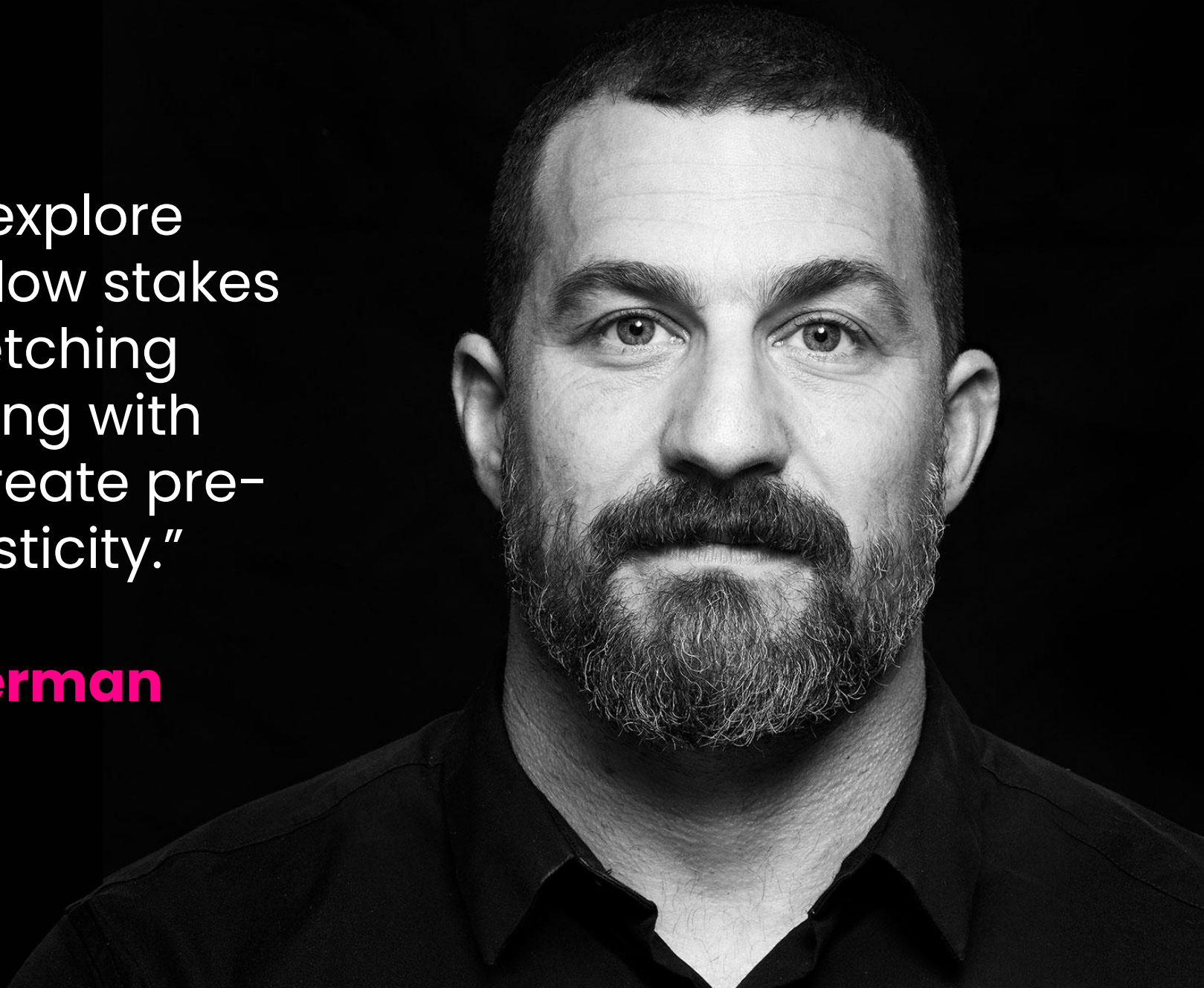
PHASE 1

PHASE 2

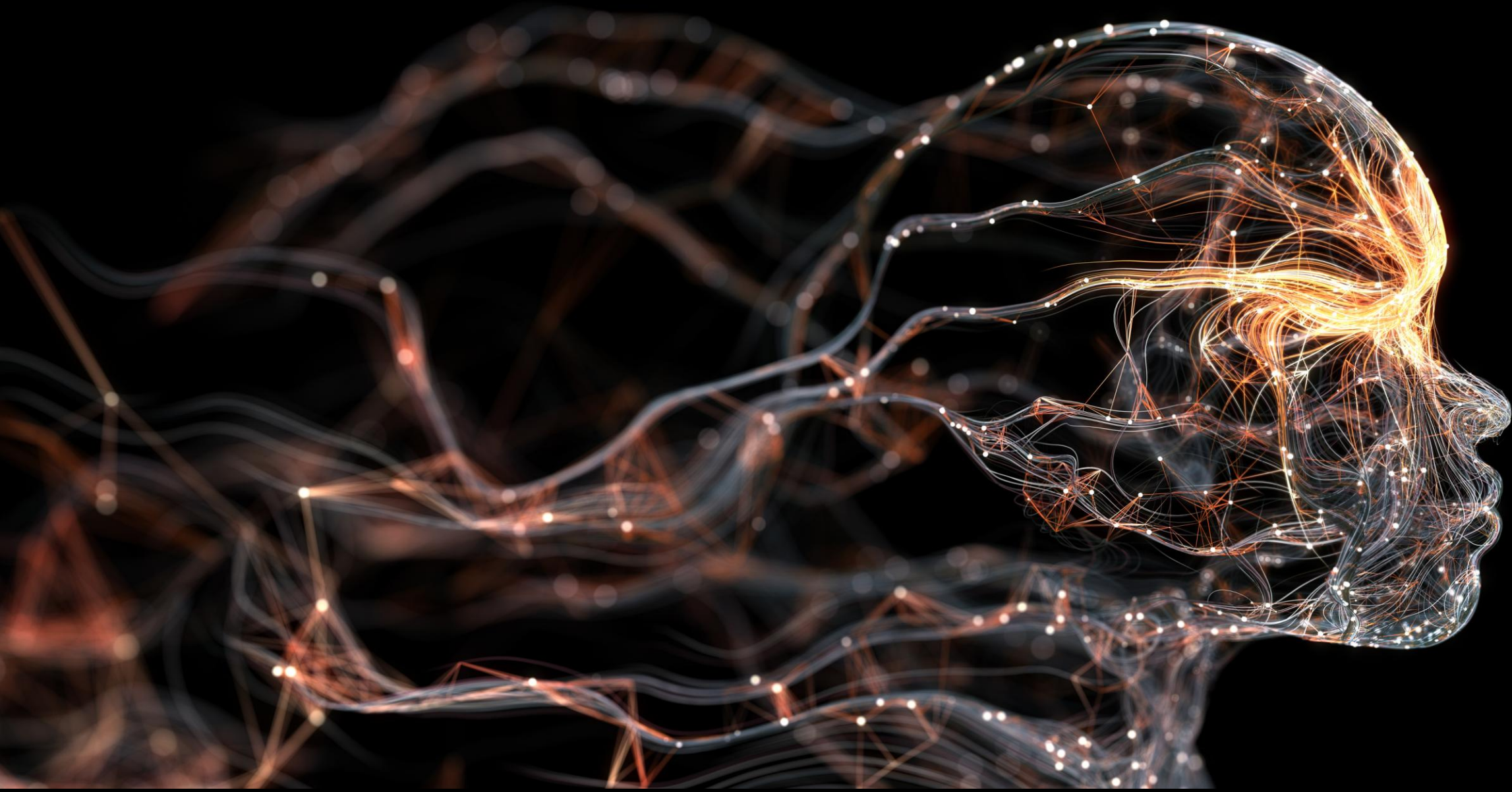
PHASE 3
PROFIT

“Play allows us to explore different outcomes in low stakes environments. Stretching ourselves and playing with discomfort helps to create pre-frontal cortical plasticity.”

- Dr Andrew Huberman



400 vs 15 REPITIONS



Adaptability at Play is the ability to collaborate effectively in new conditions, challenges or environments with a sense of *curiosity and intelligent optimism.*

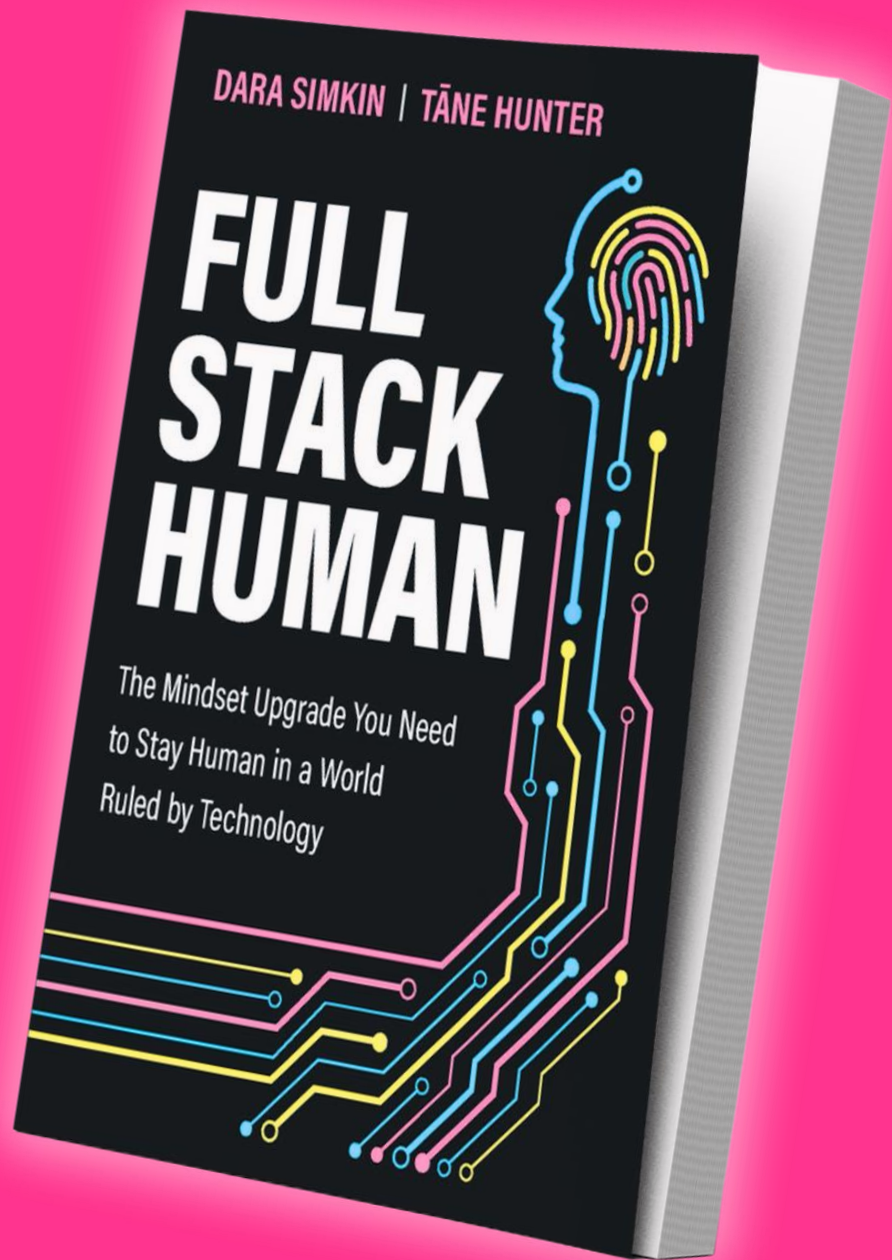
Uncertainty >> **Curiosity**
Obstacles >> **Adventures**
Change >> **Opportunity**

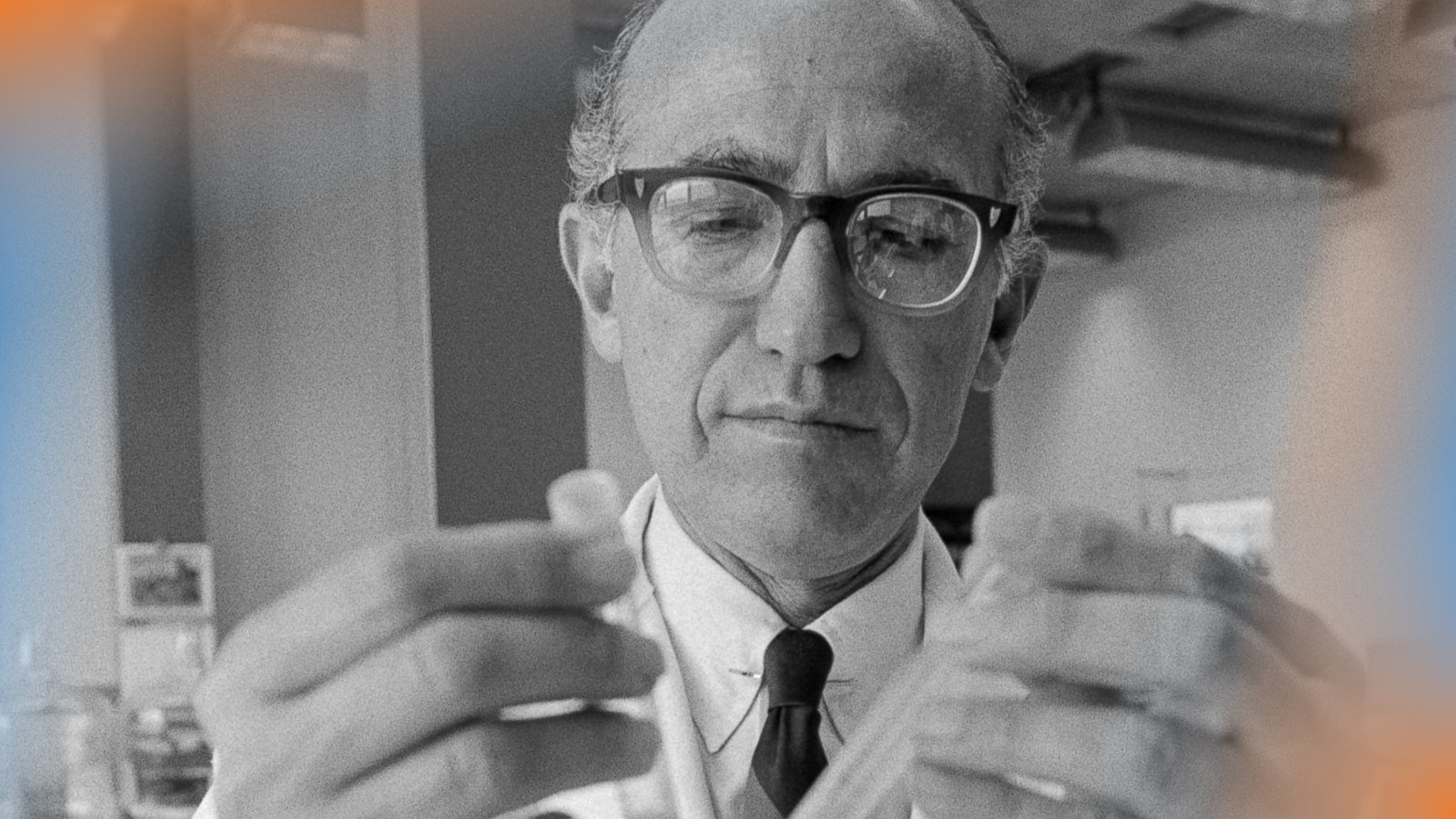


**PLAY HAS A
PR PROBLEM**

“We are in an **imagination deficit** and AI cannot replicate the curiosity and empathy that fuel imagination and lead to creative invention.”

- Deloitte | 2024 Global Human Capital Trends







A surreal illustration of a woman's profile in the foreground, looking towards the right. Her eyes are closed, and her glasses are visible. Inside the lenses of her glasses, a vibrant, fantastical landscape is depicted, featuring a large, domed building with a red flag on top, a body of water, and a hot air balloon. The background is a dark teal sky with white, fluffy clouds. The overall style is whimsical and imaginative, representing the concept of mental simulations.

MENTAL SIMULATIONS

A surreal illustration of a woman's head in profile, facing right. She is wearing large, round goggles. The lenses of the goggles show a landscape with a blue sky, green hills, and a body of water. On top of her head is a fantastical, multi-tiered cityscape with various buildings, domes, and towers, all rendered in a warm, golden-brown color palette. The city is surrounded by white, fluffy clouds. The background is a deep teal color with scattered white clouds. The word "EMPATHY" is written in large, white, bold, sans-serif capital letters across the center of the image, partially overlapping the goggles and the cityscape.

EMPATHY

A surreal illustration of a woman's head in profile, facing right. She is wearing large, round goggles. The lenses of the goggles show a landscape with a blue sky, green hills, and a body of water. On top of her head is a fantastical, colorful cityscape with various buildings, including a large domed structure, towers, and a flag. The city is surrounded by clouds and other surreal elements like a globe and a small airplane. The background is a dark teal color with scattered white clouds.

INNOVATION

A surreal illustration of a woman's head in profile, facing right. Her hair is replaced by a fantastical, multi-tiered cityscape with various buildings, domes, and towers. The scene is set against a teal background with white clouds. A large thought bubble is positioned above her head, containing a beach scene with a person in a red hat. The word "AGENCY" is written in large, white, bold, sans-serif capital letters across the center of the image, partially overlapping the thought bubble and the woman's face.

AGENCY





“We are in an **imagination deficit** and AI cannot replicate the curiosity and empathy that fuel imagination and lead to creative invention.”

A ‘Digital Playground’ is “a safe space that encourages **intentional play and curiosity** among workers to experiment and explore completely new ways of working within the technology.”

- Deloitte | 2024 Global Human Capital Trends

COLLABORATION

TRUMPS

GENIUS













FEM LA REPUBLICA CATALANA

FEM LA REPUBLICA CATALANA

SOM-HI!

ESTRELLA DAMM

A TRIOMFAR I A DISFRUTAR







A futuristic landscape featuring a dirt path leading towards three silhouetted figures standing on a grassy hill. The sky is a vibrant mix of blue and pink, filled with stars and streaks of light, suggesting a night sky with advanced technology or space exploration. The overall mood is one of wonder and discovery.

FUTURE CRUNCH



**THIS IS THE
UPGRADE YOU'VE
BEEN WAITING FOR**

