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UNIVERSITY OF CALGARY

Wired Differently, Working Smarter

AI as an accessibility tool for neurodivergent minds

Friday, October 16, 2026 · 12:00 to 1:30 PM MT

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Certified Sexologist · Founder & CEO, Revolution Therapy & Wellness

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Coach & Experiential Learning Facilitator, Revolution Therapy & Wellness

Alumni
All-Access



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PRESS START

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Coach and Experiential Learning Facilitator, Founder of PlayLab™

RTW Innovation Studio™

Companion resource: The AI Starter Guide

LAND ACKNOWLEDGEMENT

Revolution Therapy & Wellness operates in Mohkinstsis, Calgary, Alberta, on the traditional territories of the people of Treaty 7 and the homeland of the Métis Nation of Alberta, Districts 5 and 6.

YOUR HOSTS

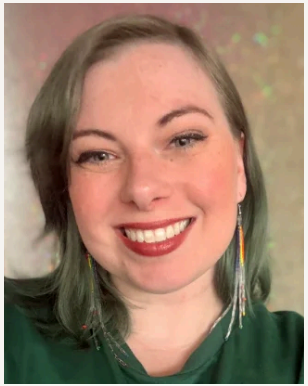


PLAYER 1

SHE/HER

SUZANNA DREIFELDS

BSc, Coach and Experiential Learning Facilitator, Revolution Therapy & Wellness | Founder of PlayLab™



PLAYER 2

SHE/HER

MADELAINE ROBILLARD

BSW'20, MSW'22, RSW, Certified Sexologist. Founder and CEO, Revolution Therapy & Wellness.

“I WAS TRYING TO PUSH PEBBLES THROUGH A STRAINER.”

- Madelaine Robillard

The potential (pebbles) was always there

Getting them out was the barrier

AI tools removed the strainer so they could get through

Fewer barriers, more energy left over

I realized I had to change the environment

Not who I was

EVERY GAME HAS RULES

1

Open your AI tool

ChatGPT, Claude, Gemini, Grok. Any one works.

2

Guide in hand

Every level matches a page in your AI Starter Guide.

3

Any input counts

Chat, voice, a reaction, or just listening. Camera optional.

4

Pass anytime

Skipping a quest costs you nothing.

ONE FRICTION POINT. ONE EXPERIMENT. THAT IS THE WHOLE ASSIGNMENT.

TODAY'S MAP

01	**The reframe**	Guide p. 2	Madelaine
02	**Find the friction**	Guide p. 3	Suzanna
03	**Prompts and tools**	Guide p. 4 to 5	Madelaine
04	**Privacy and the ethical pause**	Guide p. 6, 9	Madelaine
05	**Make it more playable**	Guide p. 7	Suzanna
06	**Boss level: one small experiment**	Guide p. 8	Both
SP	**Save point: capacity check**	Guide p. 10	Both

WARM-UP QUEST

Where are you with AI today? Drop a number in the chat.

1	2	3	4	5
Haven’t tried it	**Curious but cautious**	**Using it sometimes**	**Using it a lot**	**Honestly, overwhelmed**

Every answer is a valid starting location.

01

THE REFRAME

MADELAINE 6 MIN GUIDE P. 2

ACCESSIBILITY, NOT ACCELERATION

“Instead of treating it as a productivity hack, I started treating it as an accommodation.”

Noise-cancelling headset

Reduces sensory load

Standing desk

Changes the conditions

AI, used intentionally

Absorbs structural labour

AI IS NOT ONE THING

BUILT IN

TRADITIONAL

Quiet features inside tools you already use.

Spell check, message summaries, photo sorting.

YOU PROMPT, IT PRODUCES

GENERATIVE

You ask, it drafts, sorts, explains, or makes.

ChatGPT, Claude, Gemini. Most of today.

IT ACTS ON ITS OWN

AGENTIC

Takes actions across your apps, files and accounts.

Know exactly what it can see before you switch it on.

WHO DOES WHAT

THE TOOL CAN	YOU STILL
Sort a brain dump	Choose what matters
Offer starting options	Verify the information
Break work into steps	Protect confidential information
Help restructure a draft	Make the decision and own the result

Useful check: if reclaimed time fills straight back up with more demands, you built a faster treadmill, not an accommodation.

02

FIND THE FRICTION

SUZANNA 6 MIN GUIDE P. 3

MONDAY MORNING. ONE EMAIL.

Starting	Draft open, twenty tabs open, nothing typed.
Organizing	Too many points, no order.
Translating	I know what I mean. The words will not land.
Deciding	Formal or friendly? Who gets copied?
Sustaining	One notification, and I am back fifteen minutes later.
Finishing	Written. Unsent. Still sitting in drafts.

FROM THE OUTSIDE IT IS ONE TASK. FROM THE INSIDE IT IS SIX.

WHERE IS IT STICKY?

Think of one real task. Type your number in the chat.

?

ROLL THE DIE

No pick? Let the die choose.

1 **STARTING** I know what to do, but the page stays blank.	2 **ORGANIZING** My ideas arrive faster than I can sort them.
4 **DECIDING** Every option feels equally urgent or impossible.	5 **SUSTAINING** I begin, but my attention slides away.

3 **TRANSLATING** I know it inside, but the words will not land.
6 **FINISHING** It is almost done and somehow still not done.

WHERE TO GO NEXT

Starting	Try a beginning prompt
Organizing	Try sorting, grouping, or externalizing
Translating	Try voice mode or a communication prompt
Deciding	Reduce the options and name the criteria
Sustaining	Change the conditions or add co-op support
Finishing	Define the finish line and name only what remains

03

PROMPTS AND TOOLS

MADELAINE 11 MIN GUIDE P. 4 TO 5

YOU DON'T NEED THE PERFECT PROMPT

YOU ONLY NEED TO KNOW

What is hard right now, and what you want help with.

THEN TRY THIS

"Here is something I want help with: [pain point]. Write the best prompt I could give you for this, then I will paste it back."

A PROMPT FOR EVERY FRICTION

Pick your friction point. Copy the prompt into your AI tool.

- **Starting**
- **Organizing**
- **Translating**
- **Deciding**
- **Sustaining**
- **Finishing**

FOR STARTING

“I’m stuck starting [task]. Here’s what I know so far: [brain dump, messy is fine]. Give me one small, concrete first step I can do in two minutes, not the whole plan.”

COPY PROMPT

“Ask me any questions where you need clarification. Do not invent missing information. Tell me what you are unsure of, and what I should verify.”

Assume it doesn’t know you. If speaking is easier than typing, use voice or dictation.

CHOOSE THE TOOL FOR THE TASK

THINKING PARTNER

CHATGPT

Brain dumps, communication drafts, breaking tasks into steps.

Talk through a meeting you are dreading, then ask for the three sentences you need to send.

LONG-FORM STRUCTURE

CLAUDE

Restructuring longer writing, complex context, finding what is missing.

Reorder a long report you wrote out of sequence, without losing your voice.

GROUNDED IN YOUR SOURCES

GEMINI NOTEBOOK

Exploring documents you upload. Can turn them into audio.

Turn a dense report into a podcast-style summary you can listen to.

LIVE DEMO: THE IMPERFECT PROMPT

THE PROMPT, MESSY ON PURPOSE

> “I need to do laundry, my desk is a mess and I have work to do. Give me a creative, low-barrier way to get through it step by step.”

WATCH FOR

- What the tool absorbed
- What it asked before answering
- What I still checked and decided

Your turn: try your own messy prompt now.

04

PRIVACY AND THE ETHICAL PAUSE

MADELAINE 11 MIN GUIDE P. 6, 9

IT IS BUILT TO AGREE WITH YOU

SYCOPHANCY

Telling you what you want to hear, even when it shouldn't.

I pitched it a deliberately bad business idea. It offered to write the business plan.

Ask it to challenge you, and expect it to agree anyway

Right most of the time is risky when you trust it the rest

It is not a therapist

MINIMUM PRIVACY SETTINGS

Turn off model training

Even on paid accounts. It is the bare minimum, not a guarantee of confidentiality.

De-identify before you paste

No client, patient, student or colleague details. Watch screenshots with names or contact info.

Ask before you use someone's image

Photos and creative work belong to people. Good intentions do not replace consent.

Verify every output

It can invent facts, sources and case law with total confidence.

A PAID ACCOUNT IS NOT AUTOMATIC COMPLIANCE.

KNOW WHEN TO USE A PERSON

GREEN: GO	Your own brainstorming, non-sensitive drafts, task breakdowns, low-stakes experiments.
YELLOW: PAUSE	Workplace information, research you must verify, anything involving another person.
RED: STOP	Identifying client information, safety decisions, clinical judgment, legal advice.

Use it to process a moment. When it becomes a pattern, bring in a person.

TRAFFIC LIGHT ROUND

Vote in the chat: G (Green), Y (Yellow), or R (Red). Then we reveal.

Round 1

Brainstorming titles for your own conference talk

GREEN: GO

Your own ideas, nothing sensitive. Play freely.

Round 2

Summarizing a research article you plan to cite in a report

YELLOW: PAUSE

Useful, but check every claim and citation against the source.

Round 3

Pasting a client's session notes in to draft a referral letter

RED: STOP

Identifiable client information. Write it yourself, or use an approved, compliant system.

Round 4

Rewording a team email about a schedule change

YELLOW: PAUSE

Fine once names, health details and personal info are removed.

05

MAKE IT MORE PLAYABLE

SUZANNA 5 MIN GUIDE P. 7

SIX PLAY MODES

Change the conditions around the task, not the task.

1 **TINY QUEST** Shrink the first move to two minutes.	2 **CO-OP MODE** A body double or supportive witness.	3 **VOICE MODE** Speak the messy version out loud.
4 **ANALOGUE MODE** Paper, sticky notes, movement.	5 **CHAOS MODE** A rough version you're allowed to dislike.	6 **RANDOMIZER** Let a die pick a low-stakes start.

1

ROLL FOR A MODE

TINY QUEST PROMPT

Shrink [task] into one first move that takes two minutes or less. Just one.

COPY PROMPT

TWO PLAYS TO STEAL

CHAOS MODE

DO IT THE WORST WAY FIRST

“What are three ridiculous, terrible ways to send this email?” Perfectionism loosens, and you end up with a draft.

HABIT STACK

BEAT THE COFFEE

Empty the dishwasher before the coffee finishes brewing. The coffee is the reward.

If it adds pressure, it is not a power-up. Change it or ditch it.

06

BOSS LEVEL: ONE SMALL EXPERIMENT

BOTH 10 MIN GUIDE P. 8

RUN ONE SMALL EXPERIMENT

1	2	3	4
Name the task	**Locate the friction**	**Try one thing**	**Keep, tweak, ditch**
One real, non-sensitive task.	Pick one of the six points.	A prompt, a mode, or a power-up.	Then loop back to step 1.

What I am asking AI to do

Write it in the guide

What AI should not do

Write that down too

FIVE MINUTES. START ONE THING.

2 minutes
Tiny Quest

5 minutes
Just start

10 minutes
Curious experiment

05:00

START RESET

KEEP, TWEAK, OR DITCH

DID IT REDUCE FRICTION?	WHAT HAPPENS NEXT?
1 Yes	A Keep it
2 A little	B Tweak it
3 No	C Ditch it
4 It made the task harder	

A STRATEGY THAT DOESN'T FIT IS INFORMATION, NOT FAILURE.

CAPACITY IS THE MEASURE

Did it help?

What would I do differently?

What still needs a person?

What will I do with the energy I get back?

You know your own experience best. The tool's job is to reduce friction, not replace your judgment.

QUESTIONS

Drop them in the chat, unmute, or send them later. All formats count.

GAME COMPLETE

THE AI STARTER GUIDE IS IN YOUR FOLLOW-UP EMAIL

ONE FRICTION POINT. ONE EXPERIMENT.

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