

# **Living Wisely With AI**

*Zen in the Age of AI Conference 2026*

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Governance, wellbeing, ethical leadership

# Not a threat. Not a miracle. A tool.

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AI is not the villain.

AI is not the saviour.

AI is a powerful tool shaped by human choices.

*This is not only a  
technology conversation.  
It's a wellbeing  
conversation.*

# Wise use starts before you open your laptop

Wise AI use starts before the prompt.

- **pause**
- **name what you need**
- **set the boundary**
- **check the output**
- **decide what stays human**

Don't outsource your thinking.  
What we normalise matters.



# Agency and responsibility don't disappear

## AI can support decisions

but it can't carry your values.

*We can delegate tasks,  
but we cannot delegate  
responsibility.*

# Bias, misuse, and uneven power

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## AI is changing power and that creates friction.

- Different comfort levels
- Different risk awareness
- Different trust in institutions

Real harms exist through bias and misuse.

*Ethics needs guardrails  
— not just good intentions.*

# If you remember nothing else

**AI is a tool, not a teacher.**

Your values are the compass.  
Your wellbeing is the boundary.

Live wisely.  
Not fearfully.  
Not blindly.

