

AI Made Work Faster. **Not Easier.**

Stakeholders expect you to use AI on everything and deliver answers immediately. That gap between expectation and capacity is the real problem.

SWIPE →

Four Ideas In This Piece

01 Why AI may be making work harder

02 Practical remedies for the organisation

03 How to personally reduce burnout

04 Making AI governed, phased, realistic

4

Structural Patterns Driving Burnout

Data shock and decision fatigue, efficiency gains read as more work, managers absorbing conflicting demands, and AI sold as a guaranteed quick win.

1-3

Years for Full ROI on Complex AI

AI is positioned as a guaranteed quick win, but complex projects, predictive operations, digital twins, cross-domain optimisation, realistically need one to three years.

6

Six practical remedies make AI sustainable, starting with non-negotiable timelines and hard phase gates, not just new tooling.



The issue is not the tools; it is speed without redesign.

Terence Kok

Enterprise AI Strategist

Quick Wins vs. Strategic AI

QUICK WINS	STRATEGIC AI
6–9 months	1–3 years
Narrow automation	Predictive operations, digital twins
Clear, bounded scope	Cross-domain optimisation

Protect Managerial Judgment.

Let AI inform, not replace, key managerial decisions. Track decision quality and exception handling, not just output. Over-automation of judgment erodes leadership capability and increases anxiety.

Four Moves to Reduce Burnout



The full six-point operating model and personal playbook:
terencekok.com/blog/when-everyone-expects-you-use-ai-have-all-answers

Turn AI From Emergency Into Operating Model.

The leaders who stay effective aren't the fastest to say yes — they make AI governed, phased, and realistic.



Terence Kok · Enterprise AI Strategist

SAVE · COMMENT · FOLLOW