



Sector-Specific AI Career Protection Playbooks

Practical 90-day guidance for seven high-impact industries

HEALTHCARE | FINANCE | EDUCATION | TECHNOLOGY
LEGAL SERVICES | MANUFACTURING | RETAIL

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How to Use This Guide

AI usually changes tasks before it removes an entire role. Use the playbook closest to your work, then adapt the actions to your organisation, responsibilities and local rules.

Your three-part method

1. Map

Identify routine tasks AI can automate or accelerate, plus decisions that must remain under accountable human control.

2. Test

Run a small, approved pilot with a clear baseline, review process and success measure.

3. Reposition

Use the capacity you recover for judgement, relationships, communication and higher-value problems.

BEFORE YOU USE AI

Use only tools approved by your organisation. Do not enter patient records, client information, financial data, legal documents, trade secrets or other confidential material into an unapproved system.

AI-generated analysis may be incomplete, biased or inaccurate. Qualified professionals must verify important outputs and remain responsible for clinical, legal, financial, employment and business decisions.

What this guide does not promise

No role is permanently safe and no 90-day plan can guarantee employment. The goal is to improve your readiness, evidence your contribution and help you respond earlier as work changes.



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Healthcare Playbook

Use AI to support preparation and pattern detection while protecting patient safety, privacy, informed consent and professional accountability.

Where AI may assist

Clinical decision support and documentation

Patient-flow and scheduling analysis

Research and literature synthesis

Human value to strengthen

- Patient communication and trust
- Complex clinical judgement
- Ethical and multidisciplinary decisions

Role moves

Nurse practitioner

Use approved systems to prepare summaries; verify every clinical inference and spend recovered time on education and care coordination.

Healthcare administrator

Test AI on low-risk operational planning; retain human review for staffing, access, safety and service-quality decisions.

Medical researcher

Accelerate literature triage and coding while protecting methodological rigour, provenance and reproducibility.

90-day focus

- Days 1-30: Map exposed tasks and learn one approved tool.
- Days 31-60: Run a low-risk pilot with human review and a clear baseline.
- Days 61-90: Present measured results and take ownership of a higher-value problem.



Financial Services Playbook

Use AI for analysis and preparation while retaining accountable human review for suitability, risk, compliance and client decisions.

Where AI may assist

Fraud and anomaly detection
Portfolio and scenario analysis
Routine reporting and service triage

Human value to strengthen

- Client trust and life context
- Risk communication
- Regulatory and ethical judgement

Role moves

Financial adviser

Let approved tools prepare scenarios, then explain assumptions, suitability and trade-offs in language the client understands.

Risk manager

Challenge model inputs and blind spots; translate output into decisions leaders can act on.

Finance analyst

Automate initial variance analysis, verify figures and own the commercial interpretation.

90-day focus

- Days 1-30: Map exposed tasks and learn one approved tool.
- Days 31-60: Run a low-risk pilot with human review and a clear baseline.
- Days 61-90: Present measured results and take ownership of a higher-value problem.



Education Playbook

Use AI to reduce preparation and administration while protecting privacy, academic integrity and the teacher-student relationship.

Where AI may assist

Lesson-plan and quiz drafts

Progress-pattern analysis

Administrative communication

Human value to strengthen

- Motivation and mentoring
- Age-appropriate judgement
- Critical-thinking facilitation

Role moves

Classroom teacher

Use AI for first drafts, then adapt materials to learners, context and curriculum requirements.

School administrator

Pilot AI on scheduling or routine communication with staff review and clear data safeguards.

Curriculum developer

Use AI to generate options, then own pedagogy, sequencing, accessibility and assessment validity.

90-day focus

- Days 1-30: Map exposed tasks and learn one approved tool.
- Days 31-60: Run a low-risk pilot with human review and a clear baseline.
- Days 61-90: Present measured results and take ownership of a higher-value problem.



Technology Playbook

Use coding and analysis assistants to increase throughput while strengthening architecture, security, product judgement and user understanding.

Where AI may assist

Code completion and test drafts

Documentation and issue triage

User-feedback synthesis

Human value to strengthen

- System architecture
- Security and reliability trade-offs
- Product vision and user empathy

Role moves

Software developer

Measure cycle-time gains, review generated code and own maintainability, security and failure handling.

Product manager

Combine AI-assisted synthesis with direct customer conversations and clear product decisions.

Technical lead

Set review standards, approved use cases and escalation paths for AI-assisted engineering.

90-day focus

- Days 1-30: Map exposed tasks and learn one approved tool.
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- Days 61-90: Present measured results and take ownership of a higher-value problem.



Legal Services Playbook

Use approved legal technology for preparation and retrieval while preserving confidentiality, privilege, professional judgement and supervision.

Where AI may assist

Document review and classification

Research starting points

Contract comparison and draft support

Human value to strengthen

- Client advice and strategy
- Privilege and confidentiality decisions
- Negotiation and advocacy

Role moves

Corporate lawyer

Use AI to surface issues, then verify authorities, assess business context and provide accountable advice.

Legal operations professional

Pilot document workflows with access controls, audit trails and clear human sign-off.

Paralegal

Develop expertise in source checking, matter context and quality control rather than relying on fluent drafts.

90-day focus

- Days 1-30: Map exposed tasks and learn one approved tool.
- Days 31-60: Run a low-risk pilot with human review and a clear baseline.
- Days 61-90: Present measured results and take ownership of a higher-value problem.



Manufacturing Playbook

Use AI to improve visibility and prediction while keeping safety, process knowledge and frontline experience central.

Where AI may assist

Predictive maintenance
Quality-pattern detection
Demand and production planning

Human value to strengthen

- Safety leadership
- Exception handling
- Cross-functional process improvement

Role moves

Manufacturing engineer

Validate alerts against equipment history and operator knowledge before changing critical processes.

Operations manager

Use forecasts as decision support, then account for staffing, suppliers, safety and customer commitments.

Quality professional

Track false positives and missed defects; define when a person must intervene.

90-day focus

- Days 1-30: Map exposed tasks and learn one approved tool.
- Days 31-60: Run a low-risk pilot with human review and a clear baseline.
- Days 61-90: Present measured results and take ownership of a higher-value problem.



Retail Playbook

Use AI for forecasting, segmentation and routine service while strengthening brand judgement, merchandising and customer relationships.

Where AI may assist

Demand and inventory forecasts
Customer-service triage
Campaign and pricing analysis

Human value to strengthen

- Brand and cultural judgement
- Vendor negotiation
- Complex customer recovery

Role moves

Retail buyer

Combine demand signals with supplier knowledge, brand fit and customer context.

Store or operations manager

Use forecasts to prepare staffing and stock plans, then adjust for local conditions.

Customer-experience lead

Let automation handle routine enquiries and use human teams for exceptions, emotion and trust repair.

90-day focus

- Days 1-30: Map exposed tasks and learn one approved tool.
- Days 31-60: Run a low-risk pilot with human review and a clear baseline.
- Days 61-90: Present measured results and take ownership of a higher-value problem.



Universal 90-Day Plan

Use this page with any sector playbook.

Days 1-30: Map and learn

- List two weeks of tasks and label each Automate, Accelerate, Human-owned or Eliminate.
- Choose one approved tool and one frequent, low-risk task.
- Record the current time, quality, errors and rework.
- Learn to prompt with context, goal, inputs, constraints, format and a quality check.

Days 31-60: Test and verify

- Build a workflow: input, AI-assisted work, human review, decision, recorded result.
- Check names, numbers, dates, assumptions, bias, missing context and source quality.
- Run a four-week pilot only after receiving the approval your workplace requires.
- Compare results with the original baseline rather than counting AI activity.

Days 61-90: Reposition and communicate

- Invest saved time in judgement, communication, negotiation, empathy and storytelling.
- Own one problem connected to revenue, cost, risk, delivery or customer experience.
- Create a one-page impact summary showing hours saved, errors reduced and decisions improved.
- Agree the next responsibility or workflow you will take on.

The target is not to become the person who uses the most AI. Become the person who improves the system while knowing where human control must remain.

90-Day Impact Scorecard

Complete this at the start and again at the end of your pilot.

Hours spent on routine task			
Errors or rework			
Turnaround time			
Stakeholder feedback			
Higher-value time created			
New responsibility earned			

Decision after the pilot

- Stop: the risk or effort outweighs the benefit.
- Revise: the idea is useful but the workflow or controls need work.
- Expand: measured value is clear and the required safeguards are in place.



Sources and Further Reading

These resources support the guide's general approach to job transformation, skills and responsible AI use. Sector rules vary by country and profession.

International Labour Organization - Generative AI and Jobs: A 2025 Update

World Economic Forum - Future of Jobs Report 2025

OECD - AI and Skills: What We Know So Far (2026)

NIST - AI Risk Management Framework

World Health Organization - AI Ethics and Governance Guidance for Health

UNESCO - Guidance for Generative AI in Education and Research

Disclaimer

This guide is for general educational and informational purposes. It does not constitute individual career, employment, legal, financial, medical or other professional advice. AI tools, workplace practices, labour-market evidence and professional rules change frequently. Verify current information, follow employer policies and consult an appropriately qualified professional before making significant decisions.

No specific employment, promotion, financial or business outcome is guaranteed. TekkiCookie does not endorse a particular AI product through this guide.

Editorial information

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My sector and role: