MUSIC PSYCHOLOGY MEETS UXR

IMPROVISATION ISN'T CHAOS.


SABIAN
KORG
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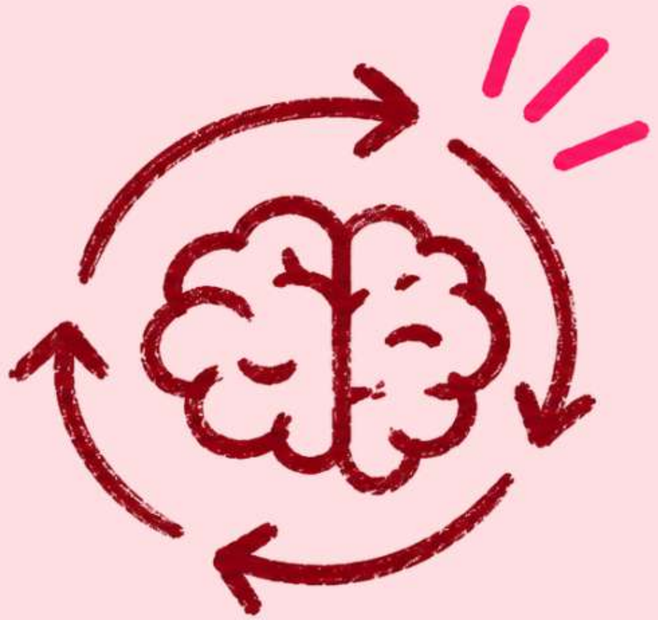

Miles Davis

IF MACHINES CAN DO MORE OF THE WORK, WHAT ACTUALLY MAKES US GOOD AT OUR JOBS?

MUSICAL IMPROVISATION

The practice of spontaneous music creation and performance (Alperson, 1984)

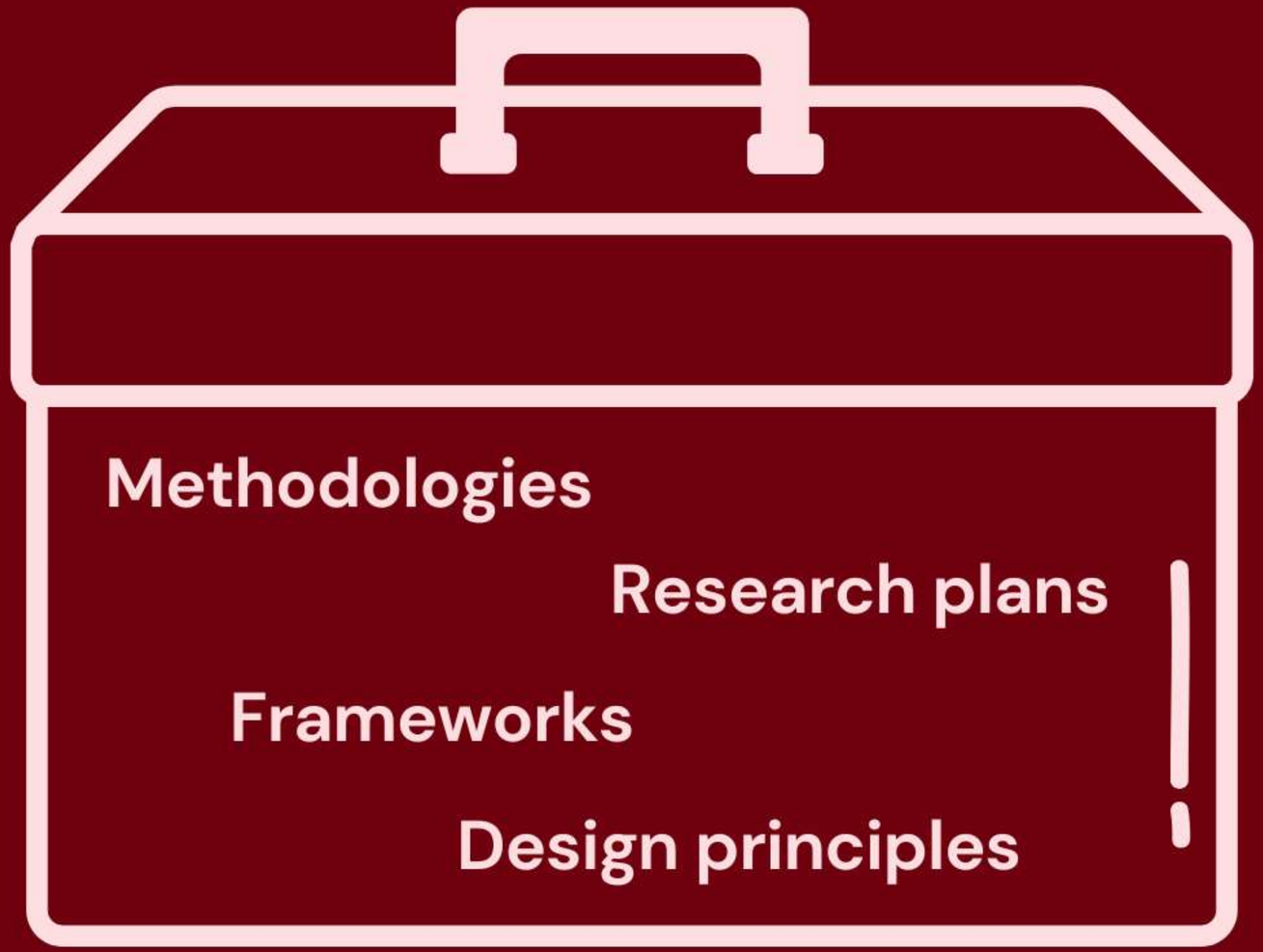
- ADAPTABILITY
- AGILITY
- ANTICIPATION







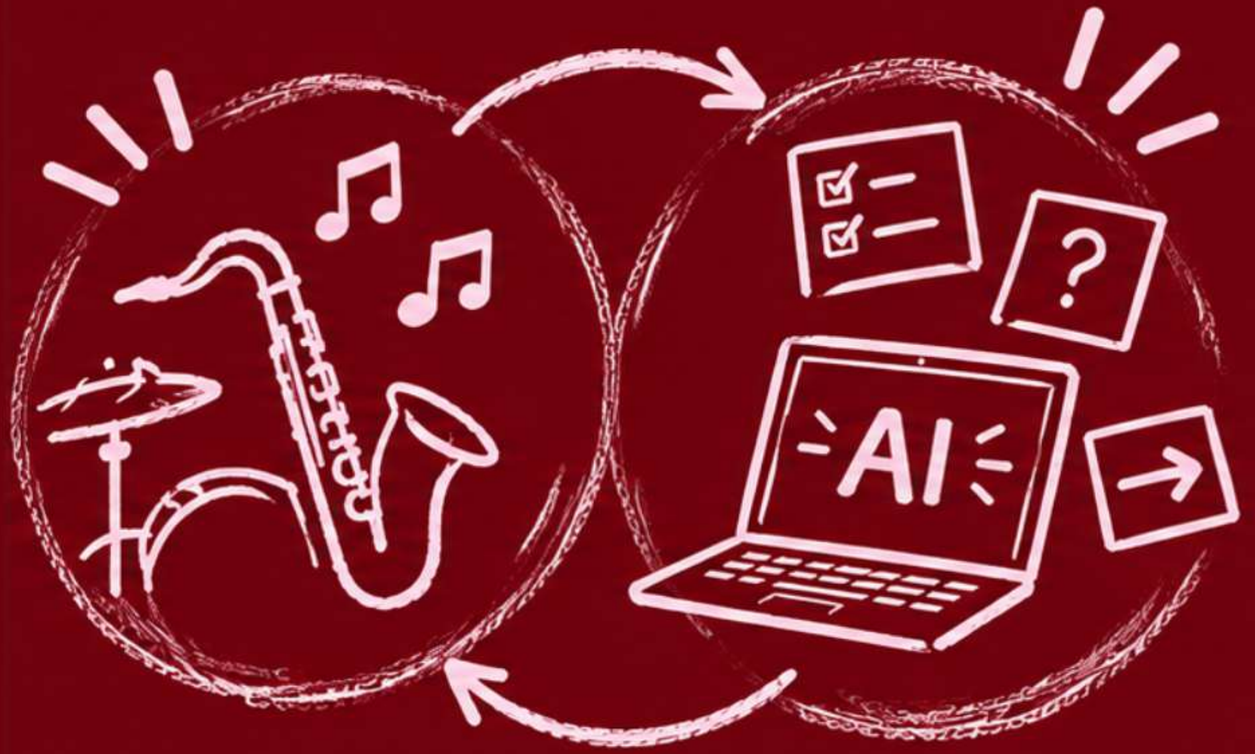



Methodologies
Research plans
Frameworks
Design principles

RIGOUR IS KNOWING WHEN TO CHANGE THE PLAN.

JAZZ VS. AI




AI


AI

WHAT ACTUALLY ALLOWS US TO IMPROVISE?

SELF-EFFICACY

= the belief in our capability to perform a task

AI SELF-EFFICACY

= confidence in learning, using and adapting to AI

DO I BELIEVE I CAN ADAPT?

AI ANXIETY

= worry, stress, or fear in relation to AI and the potential negative impact on your life, work, privacy, or future

~~NUMBER OF TASKS COMPLETED~~

THE JUDGEMENT WE BRING TO THEM

WHAT HAPPENS WHEN MY EXPERTISE FEELS THREATENED?

PSYCHOLOGICAL SAFETY

= whether people feel safe taking interpersonal risks

CAN I PLAY THE UNEXPECTED NOTE?

WHAT DO WE BRING TO THE ENSEMBLE?

- CRITICAL THINKING
- CREATIVITY
- COLLABORATION
- EMOTIONAL INSIGHT

CRITICAL THINKING

Analysis ≠ judgement

CREATIVITY

Creativity → innovation → success

COLLABORATION



EMOTIONAL INSIGHT

Empathy and care

CRITICAL THINKING → QUESTION

CREATIVITY → IMAGINE

COLLABORATION → BUILD TOGETHER

EMOTIONAL INSIGHT → EMPATHISE

FROM SOLOIST TO ENSEMBLE PLAYER



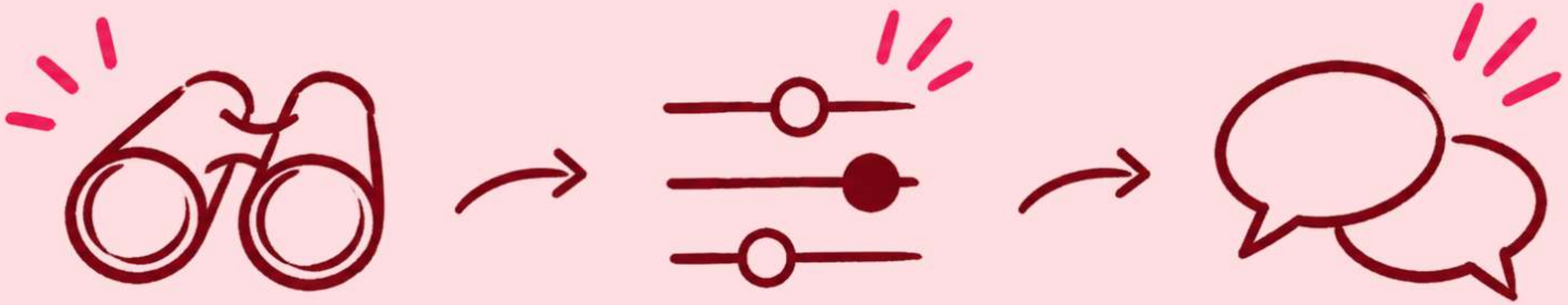




~~HOW DO I PROVE MY VALUE WHEN AI CAN DO THIS?~~

WHAT CAN I CONTRIBUTE WHEN AI CAN DO THIS?

WHAT DOES JAZZ TEACH US ABOUT THRIVING IN AN AI-DRIVEN WORKPLACE?








Confidence in our ability to adapt
Ways to navigate uncertainty
Workplaces that give us room to experiment, question and challenge

WHAT MAKES US VALUABLE?

OUR COMPETITIVE ADVANTAGE IS OUR SOUL.

THANK YOU

THANK YOU

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PODCAST
The Sound Mind