



BurnBright Advisory

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Mini Workshop

Change Capacity Assessment

AI Prompt Pack

50+ AI coaching prompts for ongoing development

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Workshop	Mini Workshop Series
Prepared By	BurnBright Advisory
Classification	Confidential



How to Use This Prompt Pack

Copy any prompt below into your preferred AI assistant (ChatGPT, Claude, Gemini, or the BurnBright AI Coach at burnbrightadvisory.com). The prompts are designed for honest, reflective conversation — treat the AI as a thinking partner, not a search engine.

Getting the Most from AI Coaching

Be specific and honest in your responses — vague inputs produce generic outputs.
Use the 'push me further' prompts when an answer feels too comfortable.
Save responses you find valuable to your Reflection Journal.
Return to the same prompt weekly to track your development over time.

Part 1 — Daily Reflection Prompts

Use one of these prompts each morning or evening as a 5-minute reflection practice.

Daily Prompt 1

Today I want to explore how Change Capacity Assessment showed up (or didn't) in my leadership. Ask me three questions that will help me identify my biggest development opportunity in this area.

Daily Prompt 2

I am a leader working on developing Change Capacity Assessment. What is the most important daily habit I could build to strengthen this capability?

Daily Prompt 3

Ask me a question that will help me notice where Change Capacity Assessment is strongest in my practice right now.

Daily Prompt 4

Help me identify one thing I could stop doing today that would immediately improve my Change Capacity Assessment.

Daily Prompt 5

I have 5 minutes to reflect on my leadership today. Guide me through a structured reflection focused on Change Capacity Assessment.



Part 2 — Weekly Development Prompts

Use one prompt each week for deeper development conversations with your AI coach.

Weekly Prompt 1

This week I want to develop my Change Capacity Assessment capability. What are the three most important questions I should be asking myself? Then ask me each one and help me think through my answers.

Weekly Prompt 2

I am reviewing my week from a Change Capacity Assessment perspective. What patterns should I look for in my behaviour, decisions, and relationships?

Weekly Prompt 3

Help me design a 30-day Change Capacity Assessment development plan. Start by asking me what I most want to change and why.

Weekly Prompt 4

I want to understand the gap between where my Change Capacity Assessment is now and where it needs to be. Ask me a series of diagnostic questions.

Weekly Prompt 5

Which aspect of Change Capacity Assessment am I avoiding developing — and what is that avoidance costing my leadership?



Part 3 — Challenge and Growth Prompts

Use these prompts when you want to be challenged beyond your comfort zone.

Challenge Prompt 1

Push back on my current understanding of Change Capacity Assessment. What am I probably getting wrong or oversimplifying?

Challenge Prompt 2

Act as a trusted executive coach. Ask me the questions about Change Capacity Assessment that I am probably avoiding.

Challenge Prompt 3

If a highly effective leader observed my Change Capacity Assessment practices for one week, what would they most likely recommend I change?

Challenge Prompt 4

What is the most important thing I am not doing around Change Capacity Assessment — and what is my honest reason for not doing it?

Challenge Prompt 5

Help me identify my biggest blind spot in Change Capacity Assessment by asking me a series of questions about how others experience my leadership.



Part 4 — Team and Organisational Prompts

Use these prompts to explore how your \${TOPIC} impacts your team and organisation.

Team Prompt 1

Help me understand how my current level of Change Capacity Assessment is affecting my team's performance, engagement, and development.

Team Prompt 2

What systems or structures could I put in place to make Change Capacity Assessment more consistent and sustainable across my team?

Team Prompt 3

I want to have a development conversation with a team member about Change Capacity Assessment. Help me design the questions I should ask.

Team Prompt 4

How would I know if my organisation's culture is supporting or undermining Change Capacity Assessment? Ask me diagnostic questions.

Team Prompt 5

Help me design a 90-day plan to strengthen Change Capacity Assessment across my team using deliberate practice and shared accountability.



Part 5 — Monthly Review Prompts

Use these prompts at the end of each month to review growth and set intentions.

Monthly Prompt 1

Review my Change Capacity Assessment development this month. Ask me questions about what I committed to, what I actually did, and what I learned.

Monthly Prompt 2

What evidence do I have that my Change Capacity Assessment capability has genuinely improved this month?

Monthly Prompt 3

Based on this month's experience, what should be my single biggest Change Capacity Assessment development priority next month?

Monthly Prompt 4

Help me prepare for a development conversation with my manager about my progress in Change Capacity Assessment.

Monthly Prompt 5

I want to celebrate my Change Capacity Assessment progress this month. Ask me what I am most proud of — and then challenge me to go further next month.