



A SHE STARTS AI UPSKILLING PROGRAMME

AI for Professional Growth

practical AI skills for everyday work

One month. The AI tools, prompts, and workflows professionals actually use to get more done in less time.

1-Month AI Upskilling Programme

LEARN IT. APPLY IT. WORK SMARTER.

WWW.SHESTARTS.ONLINE

1

MONTH

Live Training

2

HOURS

A Day, Weekdays

12+

AI TOOLS

Hands-On

400+

WOMEN

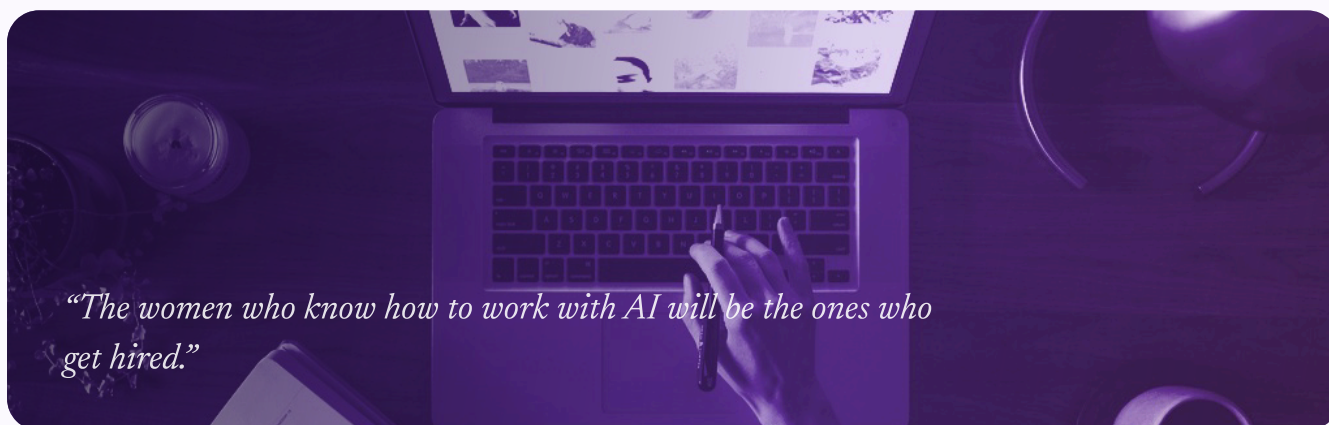
Trained by She Starts

IS THIS FOR YOU

AI is not replacing you. *It is waiting for direction.*

Every workplace now expects AI fluency, and most people are still guessing at it. They open a chat window, ask a vague question, and accept whatever comes back. This programme replaces guesswork with method. In one month you learn the tools, the prompting frameworks, and the workflows that turn AI from a novelty into a genuine multiplier on your work.

This is not a coding course and not a theory course. Every session is built around the work you already do: writing, research, reporting, analysis, planning, and the small repetitive tasks that eat your day. You leave with a personal AI toolkit you use the following Monday.



THIS PROGRAMME IS FOR YOU IF YOU ARE

- 01 A working professional who wants to use AI properly rather than occasionally
- 02 Returning to work and want current, in-demand AI skills before you apply
- 03 A business owner or freelancer who wants to do more without hiring more
- 04 A student or fresher who wants an edge that most candidates do not have

No prior AI experience needed. No technical background needed. If you can use a browser, you can do this.

One month.

From curious to capable.

Fully online

Live and recorded sessions

1 – 2 hours a day, weekdays

1

WEEKS 1 & 2

Foundations and Fluency

One to two hours a day, weekdays, fully online. Every session is delivered live and recorded for your further use, so a missed class is never a lost class. You start with how these models actually work, then move straight into structured prompting using the **RCTO-EC framework** — the method that separates professional-grade output from generic answers.

2

WEEK 3

Applied Workflows

You apply AI to the work you already do: drafting and editing, research and summarising, meeting notes and follow-ups, spreadsheets and analysis, presentations and reports. Each session is hands-on with a real task, reviewed for quality. **You build the workflow, not just watch a demo.**

3

WEEK 4

Automation and Agents

The final week goes beyond prompting. You connect AI across the tools you already use, automate the repetitive tasks that eat your week, and work with agentic AI that acts on your behalf. You finish with a personal AI toolkit and a set of workflows documented well enough to bring straight into your job. **You leave with something you use on Monday.**

WHAT MAKES IT DIFFERENT

No theory lectures. No generic demos. *You practise on your own work, and leave with a toolkit you keep using.*

The complete skill set, *built the modern way.*

CORE SKILLS

- How AI models actually work, and where they fail
- Structured prompting with the RCTO-EC framework
- Writing, editing, and professional communication with AI
- Research, summarising, and fact-checking at speed
- Spreadsheets, data analysis, and reporting with AI
- Content, presentations, and visuals produced faster
- Automation and agentic AI that works while you do not

THE AI ADVANTAGE

Why AI integration changes everything

AI has changed how professional work gets done in every function. Tasks that took hours now take minutes. That is not a threat. **It is your opening.**

RCTO-EC FRAMEWORK

A structured prompting method for getting professional-grade output from AI tools — used across every task in the programme.

What AI cannot replace is judgement, taste, and knowing what a good answer looks like. That is exactly what this programme builds in you, alongside the tools.

Employers are not looking for people who fear AI or who blindly depend on it. They want people who can direct it. **That is who you become.**

AI that works *for* you,
not just *with* you.

Most people learn to ask AI questions. You learn to put AI to work. In this programme, you learn to connect AI across your tools, automate routine tasks using agentic AI that acts on your behalf, and deploy agentic workspaces like **Claude Cework**. With AI running alongside you, you will deliver more, faster, and to a higher standard than anyone working without it.



POWERED BY AI TOOLS

Tools you will work with: ChatGPT, Claude, Claude Cework, Gemini, Copilot, NotebookLM, Canva, Google Workspace, Microsoft Office and the automation and agent tools used in real workplaces.

Everything you need to know.

DURATION	1 month. Live online training, weekdays
FORMAT	Fully online. Live sessions, all recorded for your further use
TIME	Weekdays 1 – 2 hours a day
WHO IT SUITS	Working professionals, business owners, freelancers, returners, and students
ELIGIBILITY	Open to all. No prior AI experience or technical background required
WHAT YOU NEED	A laptop and a stable internet connection
CERTIFICATION	Completion certificate from Internzity plus your personal AI toolkit

PROGRAMME FEE

INR 7,500

Option 1: One-time Single Payment

20% Discount: ₹6,000

Option 2: Installment Payment

2 Installments of ₹3,750 each

1st installment: Within 3 days

2nd installment: Within 15 days

WHAT IS INCLUDED

Live daily sessions with recordings, the RCTO-EC prompting framework, hands-on practice on your own work, mentor feedback, a documented personal AI toolkit, and a completion certificate from Internzity.

Is this a coding course?

No. There is no programming and no maths. Every session is built around ordinary professional work: writing, research, reporting, analysis, and planning. If you can use a browser, you can follow it.

Will this help at my job?

That is the point of it. You practise on your own tasks during the sessions, so the workflows you build are ones you keep using afterwards. Most participants apply something in their first week.

Never used AI before?

That is who this was designed for. You start with how these tools actually work and finish with a documented toolkit of workflows you can run without help.

Start working smarter in one month.

Speak to a She Starts counsellor today.

+91 80758 04170

www.shestarts.online



Who is *Behind This*

INTERNZITY

A Remote Job Talent & Placement Academy focused on helping professionals build practical skills, real experience, and secure remote opportunities.

25+ Countries with Student Placements

SHE STARTS

An Internzity initiative for women on career breaks — structured guidance, confidence building, and placement support.

400+ Women Guided to Restart

BACKED BY · ZYLENVERSE PRIVATE LIMITED

A global company shaping talent, technology, and the future through structured career systems, real-world skill development, and global opportunity access.



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Your next step is one conversation away.

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