Abstract ANSE Summer University 2025 "An Ocean of Possibilty" – Keynote

Navigating the Future: Exploring the Potential and Challenges of AI-based Coaching and Supervision

Artificial intelligence (AI) can enhance coaching and supervision by providing scalable, personalized support and valuable data-driven insights. However, it also poses risks such as data privacy concerns and the potential for reduced human empathy and intuition in the process. In her keynote, Vanessa Mai provides an insight into current applications of artificial intelligence in coaching and supervision, with a focus on AI-based coaching chatbots. Using concrete examples, she highlights potentials and challenges. Furthermore, the keynote presents theses on the future of AI-based coaching and supervision, offering a glimpse into future developments. Vanessa also addresses how coaches and supervisors can responsibly integrate the use of AI into their daily practice.

About the speaker

Vanessa Mai, M.A., is head of the research group "Smart Technologies in Coaching & Learning" at Cologne Cobots Lab and Cologne TrainING Center at the Faculty of Process Engineering, Energy and Mechanical Systems at TH Köln/University of Applied Sciences. She is a board member of the Center for Teaching Development at TH Köln. As a systemic coach and supervisor (DGSv-certified), she teaches and researches the use of analog, digital, and AI-based coaching. In her Ph.D. project, she developed the StudiCoachBot – a coaching chatbot for students – and investigated relationship-building factors in chatbot coaching. She works as a freelance coach and supervisor and provides training on the development and design of (coaching) chatbots.

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