Digital Muse
Creativity in the age of AI
LECTURE | 1 HOUR

LECTURE OVERVIEW

AI is everywhere—but so is fear, hype, and a lot of noise. In this talk, Theresa Benson, author of Digital Muse and founder of The AI Quilter, reframes the conversation. You'll learn how to treat AI like a creative partner, not a replacement, and how to use these tools ethically and intentionally to support—not steal from—your practice.

We'll explore the real impact of AI on the environment, the choices you can make to minimize harm, and practical ways to use AI that honor your voice, your values, and your creative process.

What I deliver to students like yours:

- A welcoming environment where attendees can ask questions and explore the topic without judgment.
- A clear understanding of what AI is, and what it is not.
- Insight into the environmental impact of AI and how to reduce your footprint.
- A framework for making intentional, ethical decisions with creative tech.

Room Setup:

- Robust guest Wi-Fi available.
- Projector and screen for presentation.

About Theresa Benson, *The AI Quilter*

Theresa Benson is a nerd-turned-technology-executive who also happens to be an award-winning quilter, author, teacher, and podcaster. She's most at home helping creatives cut through the noise, rethink tradition, and make big ideas feel doable.

BOOK THIS CLASS!
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the ai quilter