

AI and automation training

A program built from your own work. In August each of you described the recurring work that fills your week; the sessions are built from those answers, not from a generic deck. Every participant finishes with **at least one working artifact** of their own — a thing that runs, on a task you named.

HOW IT RUNS

Five phases, six to eight sessions in total, 60 to 90 minutes each, every second week. The audience gets smaller as the technical depth grows: everything starts with the whole group, moves into small groups by area, and ends one on one.

01	Introduction	Week 1 Everyone	The program, explained against what was collected from the group. You leave with two written commitments.
02	Common ground	Week 3 Everyone	The working vocabulary, learned on a document you bring. You set up your first project live and run one real task in it.
03	Challenges	Week 5 Everyone	The group's collected items, organised and routed to solution types. Focus groups form and each person names their first build.
04	Focus groups	From week 7, fortnightly Groups of 2–3 by shared system	The build sessions. Version one of your build runs on your own task by about week 9.
05	Individual sessions	As needed You, one on one	Technical blockers a group cannot absorb, and the day-30 re-measure of your build.

WHAT IT ASKS OF YOU

- The session itself: 60 to 90 minutes, every second week.
- Between sessions: one committed action, roughly an hour.
- Before your builds: about ten minutes per task to record how long it takes you today. That number is how the program proves what changed.
- Once, before the first session: the ten-minute readiness check.

PRIVACY

Your individual answers and results stay between you and whoever runs the program.

The group only ever sees distributions: how many people are at which point, never who.

BEFORE THE FIRST SESSION

- 1 Log in on the check page with the access details in your invite.
- 2 Run the readiness check: ten minutes, no preparation, "I haven't tried it" is a complete answer.
- 3 That's all. The first session asks nothing else of you.