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Practical AI Adoption

Bring real work. Show the workflow. Leave with one thing to test.

THE WORKING METHOD

1. Choose real, repeated work Pick a workflow that matters, recurs, and has a clear owner.
2. Map the complete workflow Document inputs, human decisions, tool actions, outputs, and follow-through.
3. Learn in public with controls Show the process, limits, failures, and human checkpoints.

WORKSHEET

Workflow and owner	
Definition of done	
Human checkpoint	
Quality measure	
Cycle-time measure	
Four-cycle review date	

WHAT TO TEST NEXT

- 1. Run the workflow once with AI assistance.
- 2. Record time, rework, and quality.
- 3. Repeat for four cycles before expanding.

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