

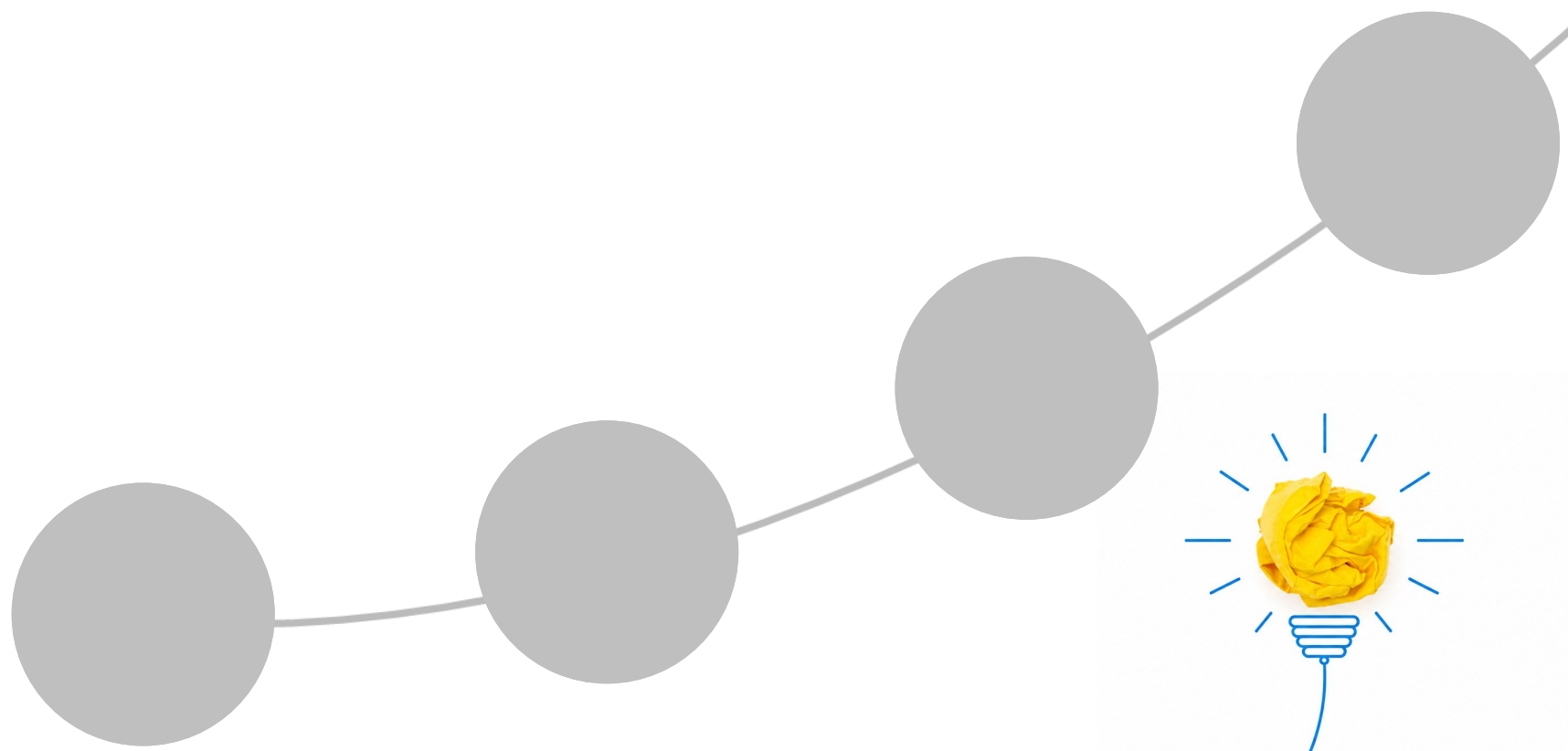
# A.I. Blinks

Help you know what is possible so that your **blink** to use **AI** to make you **irreplaceable**



# What is AI?

Integration



Autonomy

Integration

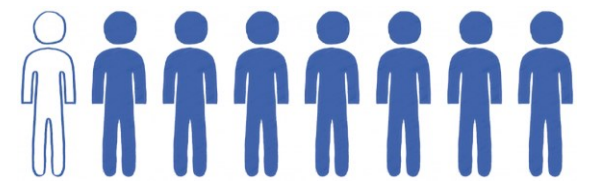
# Large Language Models

Text Prediction



Predicts text,  
like ChatGPT

Think of your  
AI as the world's  
**Smartest Assistant**



Autonomy

Of Tips &  
Examples

Custom Instructions  
**change the game** by  
**knowing more about you.**



### Critical Information

- Rules
- Shortcuts

### AI Instructions

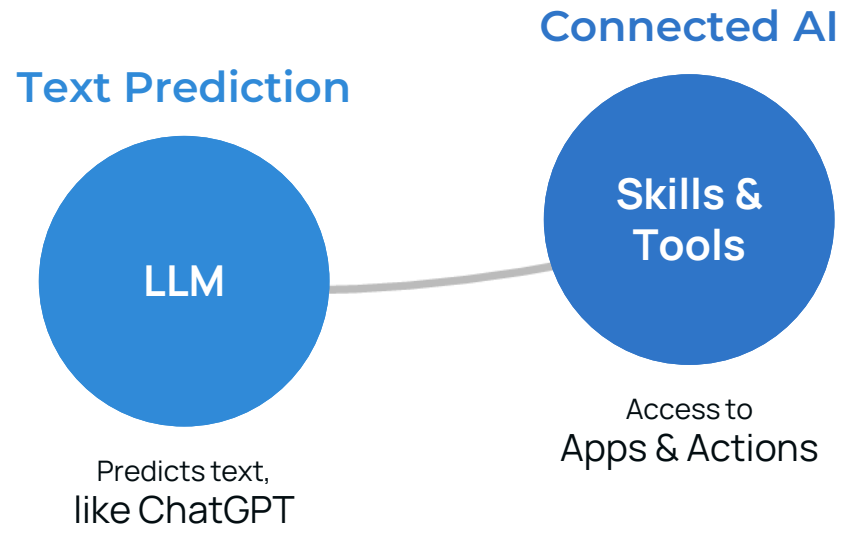
- About AiMe (my AI)
- Conversation Style
- Formatting

### About Me

- Name
- Occupation
- More context about me
- More context about my work

# Skills & Tools

Tools that connect you to other apps & Skills that make individual actions repeatable.



What presentation do you want to design?

+ PowerPoint × Sources

~~~~~

Name: Client Deep Dive Skill  
 Description: This skill is to be used by a sales coordinator to do a deep dive into a client before a discovery or training session. The goal is to understand the client's business.  
 ---

### Scope  
 You role is to be a sales coordinator and do a deep dive into a client before a discovery or training session. You wil look at their website and companies website to understand why they are, what they do and what I should focus on.

### Steps

1. Review their website
  - a. What do they do
  - b. What is their competitive advantage
  - c. Who are their key board members and staff
  - d. What they working on
  - e. What are their values (if any)
2. Identify ownership if possible
  - a. Use companies. <https://companies-register.companiesoffice.govt.nz/>

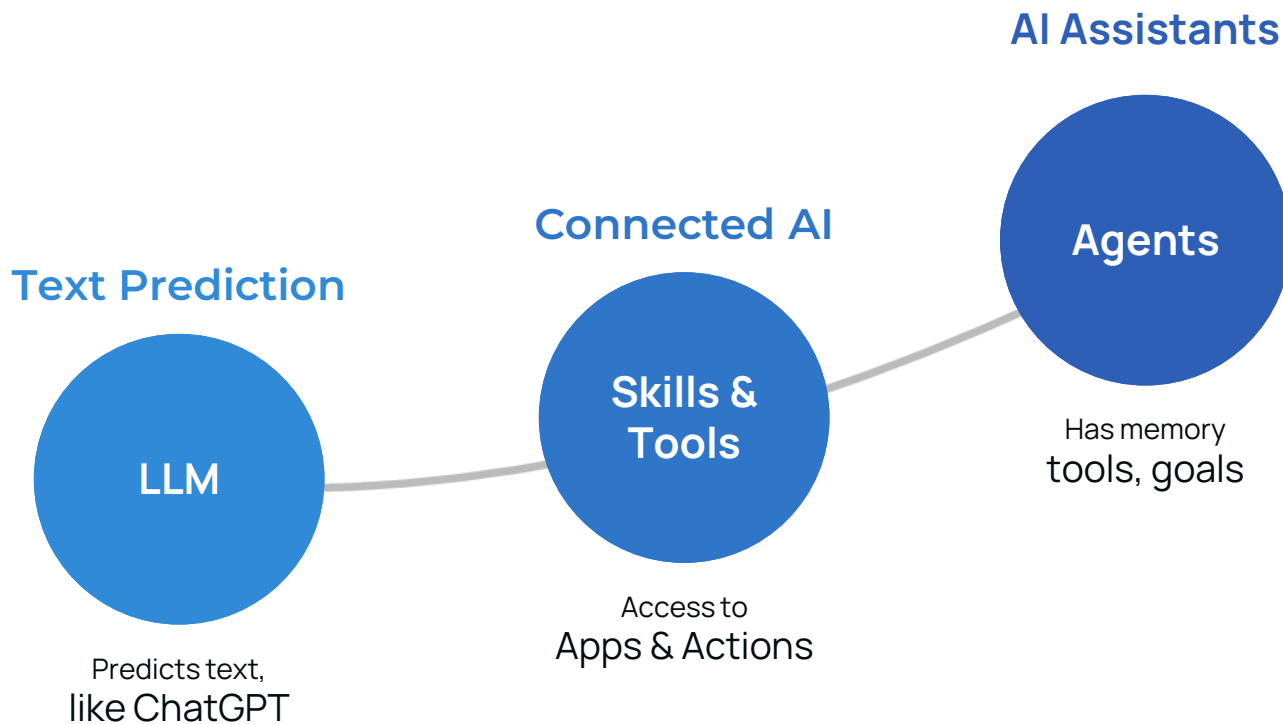


10 80 10

1. **C**ontext
2. **R**ole
3. **A**sks
4. **F**ormat
5. **T**ensions

# Agents

A single specialist agent for doing repeatable tasks that **anyone can use today!**



email : Hey excited to join you for AI foundations training, please bring your laptop, questions and ideas of something you would like to automate.



Subject: Reminder: Bring Laptop and Ideas for AI Foundations Training

Kia ora,

Looking forward to joining you for the AI Foundations training. Please make sure to:

**What to Bring**

- Your laptop
- Any questions you have
- One or two ideas for something you'd like to automate

Ngā mihi,

A



- ∴ **Chat GPT** ~ Custom GPTs & Agent Action
- ∴ **Microsoft Copilot** ~ Agent or Notebooks
- ∴ **Google Gemini** ~ Gems or LLM Notebook
- ∴ **Claude** ~ Projects



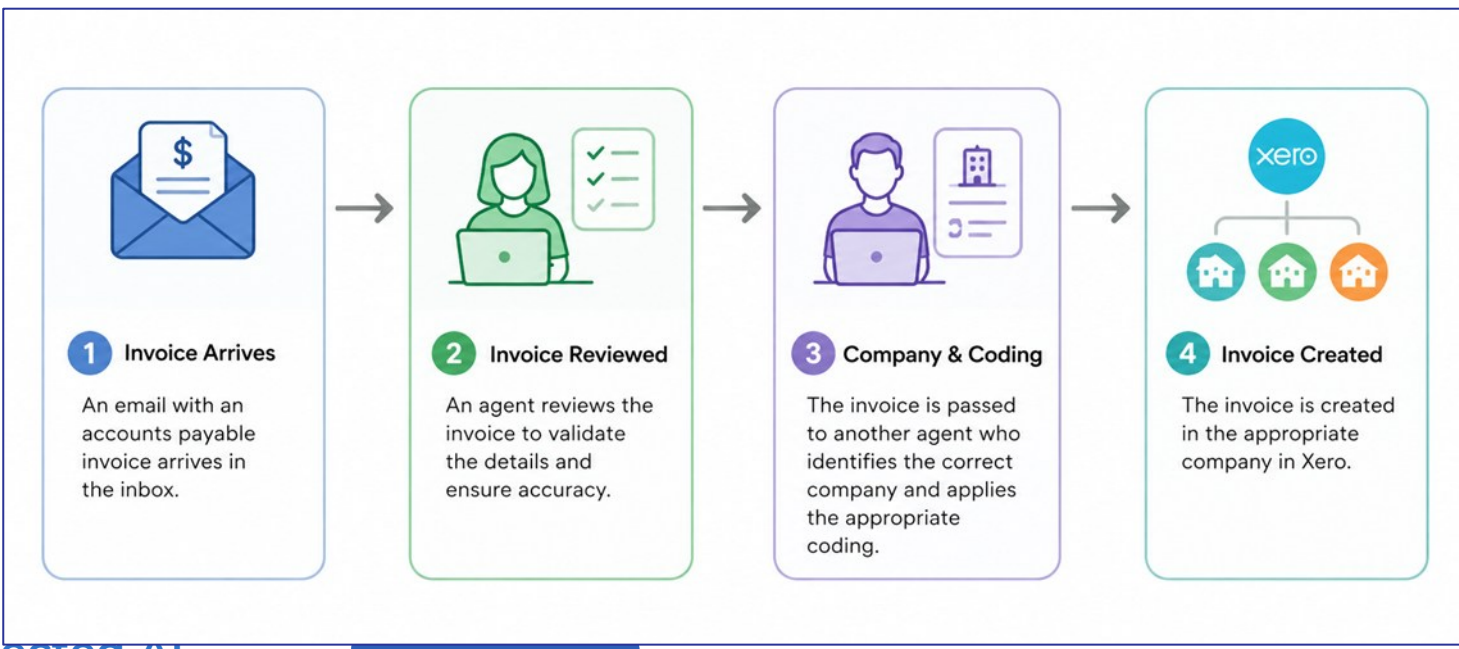
Write in **your tone** with  
an **email agent**

1. Summary
2. Scope
3. Steps
4. Samples
5. Safeguards



Integration ↑

# Agentic



Connected AI



Has memory  
tools, goals

Skills &  
Tools

Access to  
Apps & Actions

Text Prediction

Muti-step agents and workflows that automate tasks and **return real value now!**

Predicts text,  
like ChatGPT



Autonomy →

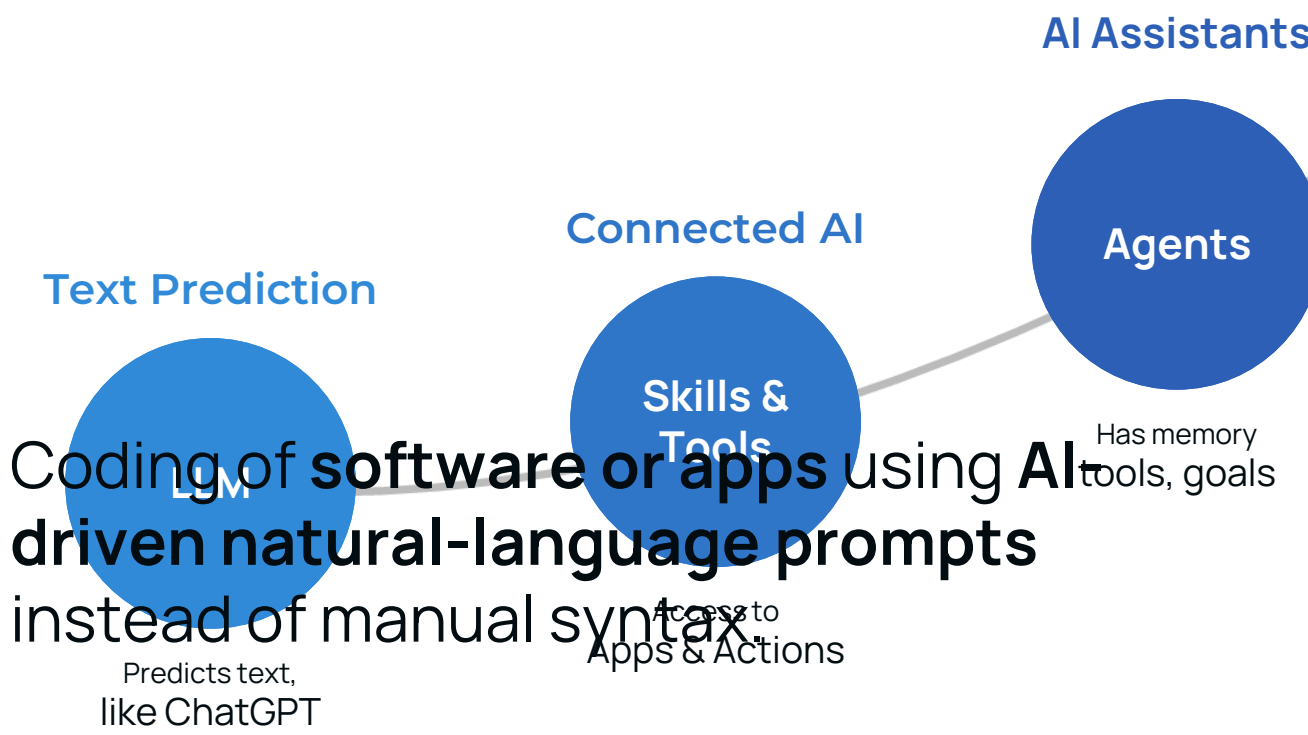


Just because it  
**couldn't a month ago**

doesn't mean  
**it can't today**

Integration

# Vibe Coding



Autonomy

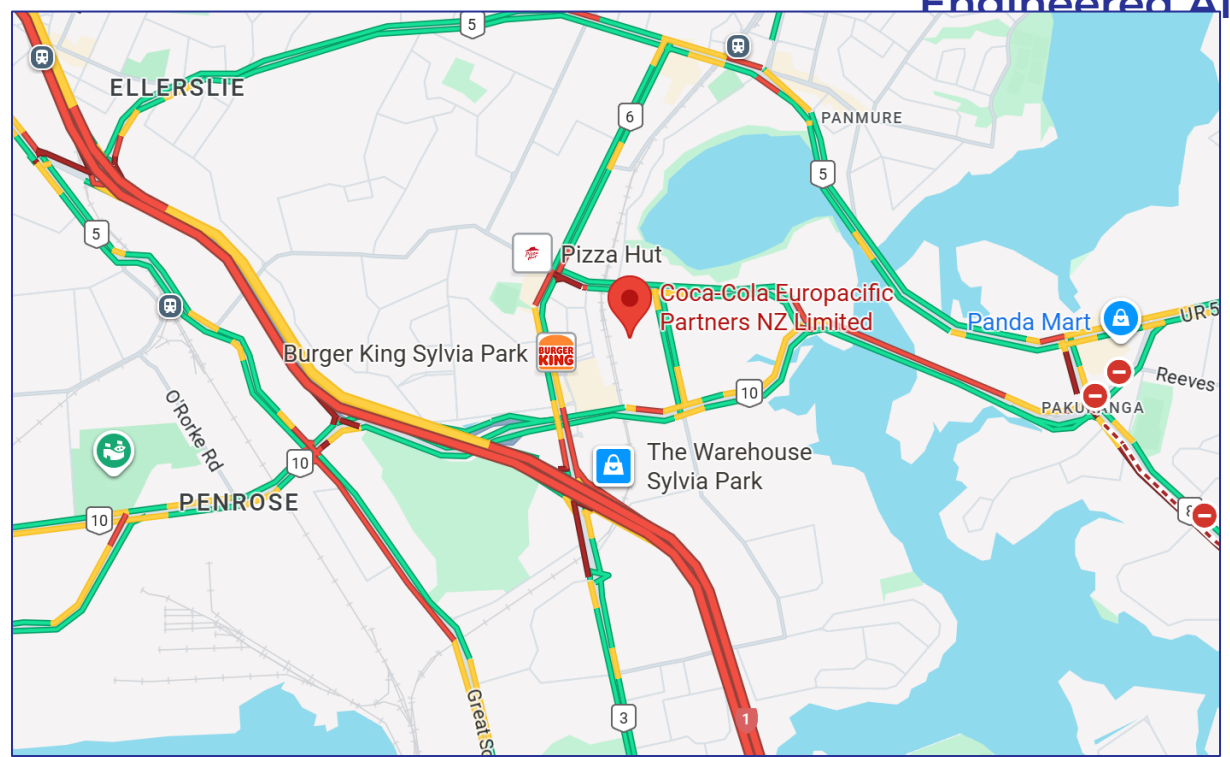


## Try **Vibe Coding** Once

- ∴ Chat GPT - Codex
- ∴ Claude Code
- ∴ Replit
- ∴ Lovable

Integration ↑

# Full Agentic



Acts autonomously in a system

Text Prediction

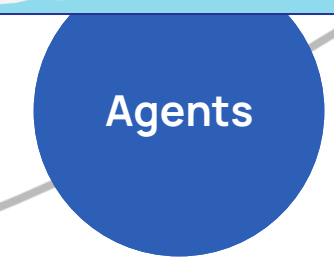


Predicts text, like ChatGPT

Connected AI



Access to Apps & Actions



Has memory tools & goals

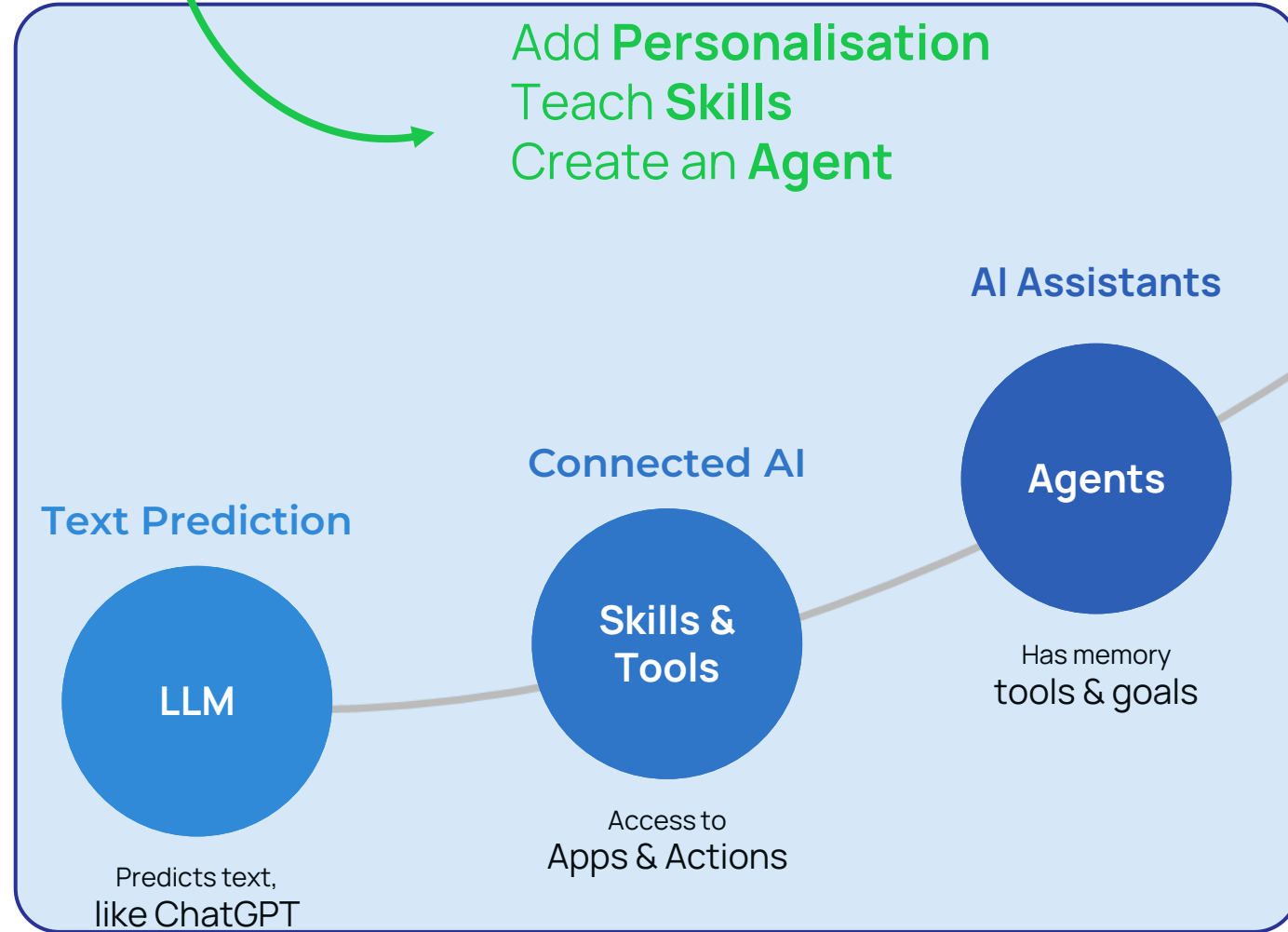
Large Autonomous Agentic tools that make decisions from interconnected systems.

Autonomy →

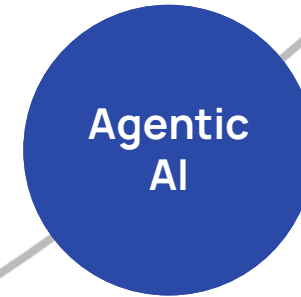
Integration

# Irreplaceable starts here

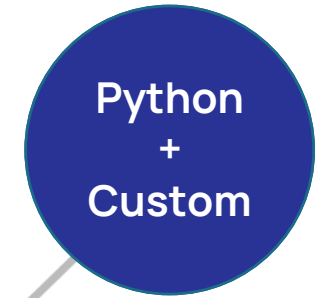
Engineered AI



**Autonomous Action**



Acts autonomously in a system



Deep integration + multi-system

Autonomy

Confidence comes  
**Experience** or  
**Practice**

### AI FOUNDATIONS

- WHAT IS AI?
- HOW IT WORKS
- USE CASES
- ETHICS

PAI

1

Empowering  
the use of  
good AI in  
Aotearoa

[www.goodai.nz](http://www.goodai.nz)

Confidence

# *Experiments often fail!*

Become comfortable with  
learning, testing, & sharing  
failure.





# Growth Time

Every Single Week

experiment for **30 mins**



**DONE** *is*  
*Better* than  
**PERFECT**



# Focused Execution

*HBR - people are more stressed*

4

Use AI to ...

**Finish More**  
*Faster*



Phew!!





**Real Living Human Beings**



## A Letter to My Kids

*The future needs people who can do the hard work of navigating all the way to a solution.*

*The future needs people who provide humans with genuine authentic connection.*

Andrew Nicol  
+64 29 226 3739  
andrew@preductive.co  
[linkedin.com/in/andrewnicol](https://www.linkedin.com/in/andrewnicol)