

AI SYSTEM SPRINT



For leaders who want AI to become part of how they think, decide, communicate, and execute, without getting lost in tools, prompts, or hype.

- 4 × 90-minute executive AI capability sessions
- Plus a free 60-minute AI Exploration Session

Most people have access to powerful AI. That was the easy part.

The hard part is knowing how to use it in the middle of real work: messy decisions, unclear briefs, difficult communication, strategic trade-offs, client complexity, and too much information. That is where most AI use falls apart.

People ask better prompts, try new tools, get a few impressive answers, and still end up frustrated. The problem is not effort. The problem is that they do not have a working system. The AI Operating System Sprint helps you build one.

Build Your AI Operating System

You will learn how to manage AI like an assistant, train it around your recurring work, judge when to trust it, and apply the full system to live business problems. This is not another prompt workshop. It is executive AI capability-building for leaders who **want AI to become a genuine thinking partner.**

Free AI Exploration Session

Before the sprint, we start with a free 60-minute exploration session.

This gives you a feel for the teaching approach and helps us map how you currently use AI. We look at where AI is already helping, where it still feels slow or frustrating, and where the biggest opportunities are in your workflow.

You will leave with a clearer view of what better AI use could look like in your work. If you continue, the sprint is tailored around your context, priorities, and tools.

The Sprint Structure

Session 1 - Manage The AI Assistant's Work

Most people prompt AI. Few people manage it well. In this session, you learn the Work Loop: how to brief, steer, refine, and ship useful work. You also learn to give AI clearer direction, use the right work mode, improve weak first drafts, and keep the conversation productive when the output misses.

This is the difference between hoping for a good answer and knowing how to shape one.

Session 2 - Train The AI Assistant

AI gets far more useful when you aren't always starting from zero. In this session, you learn how to train your AI Projects on what instructions work, what context actually matters, what examples improve its judgement, and how to build a workspace that gets sharper over time.

You will build or improve a real Project around recurring work that matters to you.

Session 3 - Discern The AI Assistant's Judgement

AI can sound confident when it is wrong. It can also notice patterns, perspectives, and possibilities you may miss. In this session, you learn how to judge AI's judgement. The Discernment Matrix helps you decide where AI should accelerate you, teach you, support you, or help you verify before acting.

This is how you get leverage from AI while staying firmly in charge.

Session 4 - Apply The AI Operating System

In the final session, we take one live Project, problem, decision, or piece of work and apply the full AI Operating System. You will choose the right AI role, prepare the assistant, work through focused AI-enabled sprints, review the output, decide what ships, and capture how to improve your OS.

This is where you get to see how much quicker and better work can get with AI.

What This Enables

After completing this sprint, you will have:

- A clearer way to use AI across your real work
- A practical method for briefing, steering, and improving AI outputs
- One or more trained Projects aligned to your recurring work
- A stronger sense of when to trust, challenge, or verify AI
- Reusable templates, prompts, and Project setup resources
- A workflow for turning AI outputs into real-world action
- A system that improves the more you use it

Best Fit

This sprint is designed for **business owners, executives, and senior team members** who want AI to materially improve the way they work. If you're finding AI frustrating and have a sense that AI should be helping you with work more than it currently is then this sprint will make a big difference.

Tools Required

Participants will need access to a paid AI assistant subscription. The sprint is currently designed around ChatGPT Plus/Pro or Claude Pro.

The underlying method will transfer to other AI tools over time, but Gemini and Microsoft Copilot are not currently the primary teaching environments for this sprint.

Format & Pricing

Choose the format that best fits how you want AI capability to spread through your work or team.

Individual Sprint

1 Participant

R16,500

Best for a founder, owner, consultant, or senior leader who wants focused one-on-one capability-building. This gives us the most room to work around your specific context, sharpen your personal AI workflow, and build confidence using the system in your own work.

Paired Sprint

Recommended

2 Participants

R23,800

Best for a founder plus a key operator, manager, assistant, or right-hand person. Choose this when you want AI capability to stick beyond one person. You build a shared working method together, so the system is easier to use, reinforce, & embed after the sprint.

Small Team Sprint

3-4 Participants

R34,200

Best for a small leadership or implementation team that needs a shared AI working language. This works well when multiple people need to understand the same method, apply it across different functions, and start using AI more consistently as a team.

What's Included

The following is included in all of the above AI sprint options.

- Free 60-minute AI Exploration Session
- 4 × 90-minute live sprint sessions
- AI Operating System frameworks
- Project setup templates and resources
- Prompt and workflow examples
- Session recordings and transcripts
- 30 days of light follow-up support

The sprint gives you the system. The next step is learning how to use it in your actual work.

Start With A Free 60 min AI Exploration Session

You will leave with a clearer view of what better AI use could look like in your work. If you continue, the sprint is tailored around your context, priorities, and tools.

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