

- Ken, Kendra, Charlotte, Chuck, Katherine, Natalie, Scott, LENZY, Jeff, Andre, Darryl, Mike, Lauren, Grant, Kent, Robby, and others had a conversation discussing various topics such as technical issues, meeting logistics, personal updates, and introductions. They were waiting for more people to join and preparing for a presentation. - [PLAY @1:10](#)
- Natalie, Ken, Chuck, Charlotte, James, and Katherine had a conversation about Natalie's trip up north, the need for music for LBN, and the upcoming presentation. Chuck introduced the event and asked Ken about slides. - [PLAY @17:18](#)
- Chuck, Sara, Ken, and Katherine discussed the upcoming event and expressed gratitude towards the organizers and speakers. They also conducted a survey to determine the attendees' expertise in AI before Ken gave an introduction to AI and its potential benefits. - [PLAY @20:10](#)
- Katherine introduced LENZY Petty as the first presenter, who discussed the various forms of AI, including chat GBT, and mentioned Microsoft's involvement in embracing and utilizing this technology. LENZY also shared his screen during the presentation. - [PLAY @28:29](#)
- LENZY discussed various AI capabilities and features available in Microsoft tools such as PowerPoint, Excel, and Microsoft Edge. The conversation highlighted how AI can assist with tasks like generating design ideas, providing language translations, analyzing data, creating 3D images, and extracting information from images. - [PLAY @31:51](#)
- LENZY, Katherine, Natalie, and Lauren discussed the implementation of AI features in Microsoft PowerPoint and other Office software programs. LENZY mentioned that Microsoft is working on integrating chat GPT, co-pilot, and AI capabilities into their ecosystem, including features like meeting summaries. The question of licensing and ownership of AI-generated graphics was raised, but LENZY was unsure about the specifics. - [PLAY @41:23](#)
- Lauren discussed the various purposes and applications of ChatGPT, including content generation, audience insights, customer support, brand voice, and marketing automation. She also provided advice on how to ask questions effectively and maximize the benefits of using ChatGPT. - [PLAY @45:49](#)
- Lauren discussed various ways to nurture leads through email sequences and requested insights on A/B testing elements. - [PLAY @53:12](#)
- Katherine, Lauren, Ken, and Law discussed the use of AI in various industries, including marketing and law. They shared examples of how AI was utilized for tasks such as audience evaluation, competitor analysis, legal research, and contract drafting. - [PLAY @56:58](#)
- Law, Katherine, and Charlotte discussed the use of AI in the legal and senior care industries. Law advised caution when relying solely on AI for legal contracts, while Charlotte shared her positive experience using AI to enhance productivity and content delivery in her business. - [PLAY @1:04:46](#)
- Charlotte and Katherine discussed the benefits of using AI technology during meetings, such as transcribing conversations and highlighting important points. They also talked about how AI is being incorporated into senior living communities to monitor residents' movements, falls, and health indicators. - [PLAY @1:09:51](#)

- Charlotte, Katherine, Tony, and Natalie discussed the use of AI in various aspects of life, including senior care and mortgage advocacy. They shared their experiences and highlighted the time-saving benefits of utilizing AI tools. - [PLAY @1:15:23](#)
- Natalie discussed her experience with using GPT to enhance her business activities, including loading positive content into the chat and teaching it to mimic her style. She also demonstrated how GPT can quickly generate personalized poems and other content. - [PLAY @1:20:03](#)
- Katherine asked Natalie if she used GPT to create the graphics in her PowerPoint, but Natalie said she didn't and instead used Canva. Jeff and Scott were then introduced as AI consultants who help businesses with technology. - [PLAY @1:27:16](#)
- Jeff and Scott discussed the capabilities of Chat GPT Plus for data analysis and AI image generation. They explored various features such as analyzing datasets, creating charts, providing insights, and even guiding users on performing tasks in Python. - [PLAY @1:29:27](#)
- Scott discussed the use of a tool called Mid Journey, which allows users to generate various images based on specific prompts, including different styles and eras. He also mentioned the legal implications of using such tools and the integration of AI-generated elements in popular software like Adobe and Canva. - [PLAY @1:37:38](#)
- Katherine, Kendra, and others discussed their experiences and ethical considerations when using AI. They recommended using Chat GPT Plus for better content quality and emphasized the importance of setting ethical boundaries when training AI. - [PLAY @1:43:13](#)
- Kendra discussed using Asana to manage her business tasks and client projects, as well as utilizing ChatGPT and Claude for generating voice paragraphs, show notes, and summarizing PDFs. - [PLAY @1:45:50](#)
- Kendra, Katherine, and Ken discussed the utilization of AI language models like chat GPT for various purposes, such as writing in a specific voice or style. They also emphasized the importance of being cautious with the content provided to the AI and refining the inputs to achieve desired results. - [PLAY @1:52:51](#)
- Ken, Katherine, Brian, and Jeff discussed various topics including Ken's social media posts, finding the right AI app, caution against downloading fake apps, Ken's customer orders, creating a book for Ken's niece's daughter, and resolving a pricing issue for a credit union customer. They also mentioned that the workshop handouts will be available on their website soon. - [PLAY @1:58:41](#)
- Ken, Charlotte, Scott, Chuck, Grant, Darryl, and Katherine had a discussion where they thanked each other, praised the job done, and said goodbye. Katherine mentioned a request to send out a list of attendees' contact information, but Ken was unsure about including everyone. - [PLAY @2:05:18](#)