RICK GOINGS INSTITUTE

AI, END TO END.

A two-hour working session. You will leave with AI running real work for your business — voice, agents, and automations you built yourself, in teams, today.

LENGTH	FORMAT	BRING	TRACK PROGRESS
2 hours	Demos + team builds	Laptop & a real problem	17 checkpoints

Hive Research Institute | The Rick Goings Institute | RICK GOINGS INSTITUTE · AI END TO END HiveResearch.com/AI | 0 / 17 CHECKPOINTS

YOUR INSTRUCTOR

WHO'S RUNNING THIS.

- Hive Financial Assets
- Serial entrepreneur
- Professor of Practice AI, RGI @ Rollins College
- Georgia Tech lecturer — 23 years
- Co-author, US Patent 11599939
- Patent pending — AI + Quantum
- Senior Fellow, National War College

SLIDES & RESOURCES

HiveResearch.com/AI

JP JAMES

Chairman, Hive Financial

THE TWO HOURS

HOW THE TIME BREAKS DOWN.

CLOCK	BLOCK	MODE	MINS
0:00 – 0:05	**Welcome & The Goal** What we're building and why it matters	FRAME	5
0:05 – 0:25	**Foundations: Prompting, Context & Voice** Prompt craft, context rot, talk instead of type with Wispr Flow	HANDS-ON	20
0:25 – 0:45	**Connect Your World** Connectors and MCP into the systems you already run	LIVE DEMO	20
0:45 – 0:55	**Break** Coffee, questions, catch up on setup	PAUSE	10
0:55 – 1:20	**Team Build with Claude Cowork** Teams pick one real business problem and build the fix	TEAM BUILD	25
1:20 – 1:40	**Agents Everywhere: HeyClicky & Automations** Screen-aware AI, background agents, recurring routines	LIVE DEMO	20
1:40 – 1:55	**Team Show & Tell** Every team demos what it built — two minutes each	TEAM BUILD	15
1:55 – 2:00	**Close & Take It Home** The stack you now have, and what to run Monday	CLOSE	5

TOTAL **120 MINUTES**

BEFORE WE START

HOW THIS SESSION WORKS.

Three modes, one goal. Every block ends with something real running on your own laptop — so use your own business problems and documents, not sample data.

TEACH

SHORT, THEN STRAIGHT TO THE DOING.

No block is more than a few minutes of explanation before you are building. If something is unclear, say so immediately — the concepts stack.

LIVE DEMO

WATCH IT BUILT ONCE, IN FULL.

We build against real tools, live and unedited. You will see the false starts too, because that is what the work actually looks like.

- Follow along, or just watch
- Recording and prompts shared after

TEAM BUILD

TEAMS OF THREE, ONE REAL PROBLEM.

Pick a problem someone at your table actually has. Build the fix together, then demo it to the room in the show & tell.

- Tick each checkpoint as you go
- Ask for help the moment you stall

WHAT I RUN DAILY

THE TOOLS ON THE TABLE.

WISPR FLOW IN SESSION

Voice dictation in any app — talk your prompts instead of typing them.

CLAUDE DESKTOP IN SESSION

The AI workbench — chat, connectors, and Cowork on your real files.

HEYCLICKY IN SESSION

Screen-aware AI beside your cursor — sees what you see, guides you live.

PLAUD

Wearable recorder — every meeting and drive-time idea captured and summarized.

NOTION AI MEETING NOTETAKER

Joins the call, writes the notes, files them where the work lives.

CODEX

A software engineering agent — describe the change, review the shipped code.

RELEVANCE AI

Build a team of AI agents for sales, research and ops — no engineers needed.

PERPLEXITY COMET

A browser with AI built in — it reads, compares and acts across tabs for you.

HERMES AGENT

A background agent on recurring watch — scans, digests, and reports on schedule.

01

PROMPTING, CONTEXT & VOICE

FOUNDATIONS.

6 Prompt anatomy

6 Context rot & files

8 Voice with Wispr Flow

- [ ] Capture Context
- [ ] Anatomy of a strong prompt
- [ ] Examples as instruction
- [ ] Why long chats lose the plot
- [ ] Talk, don't type — Wispr Flow

WISPR FLOW
Install now — we use it in this block.
wisprflow.ai

PLAUD
plaud.ai

NOTION AI
notion.com

02

CONNECTORS & MCP

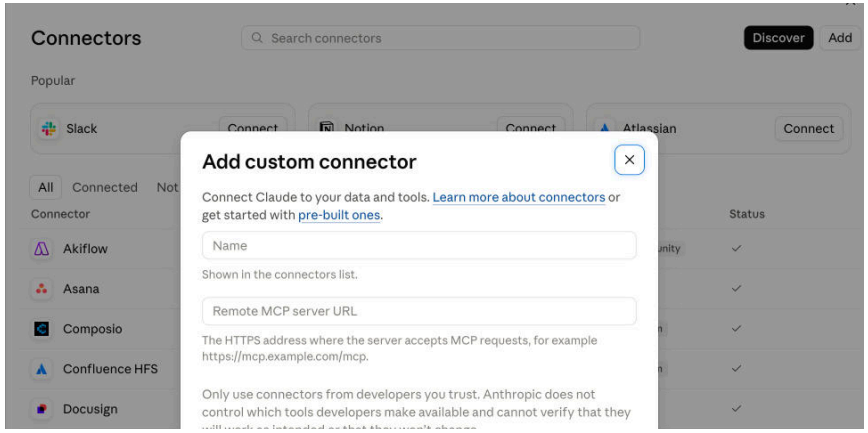
CONNECT YOUR WORLD TO AI.

5 What MCP is, plainly

10 Live wiring demo

5 Connect your own

- [ ] What a connector is — and what MCP is
- [ ] The connectors a business actually needs
- [ ] Permissions and what the AI can see
- [ ] Sanity-check the wiring



CLAUDE · SETTINGS → CONNECTORS → ADD CUSTOM CONNECTOR

03

CLAUDE COWORK

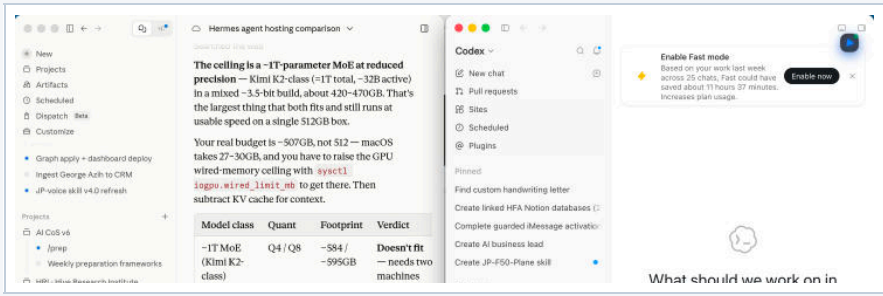
TEAM BUILD WITH CLAUDE COWORK.

5 Cowork walkthrough

5 Pick your problem

15 Build in teams

- [ ] What Cowork is
- [ ] Pick one real problem per team
- [ ] Brief it like a new hire
- [ ] Inspect, correct, re-run



CLAUDE COWORK
claude.ai/download

CHATGPT CODEX
openai.com/codex

04

HEYCLICKY & AUTOMATIONS

AGENTS EVERYWHERE.

8 HeyClicky live | 6 Background agents | 6 Recurring routines

- [ ] Screen-aware AI — HeyClicky
- [ ] Spinning up background agents
- [ ] The shape of a routine
- [ ] Agent versus routine

Relevance AI

RELEVANCE AI

Hey!Clicky

HEYCLICKY

HERMES AGENT

HERMES AGENT

TAKE IT HOME

YOU LEAVE WITH A STACK, NOT A READING LIST.

Voice in, connectors underneath, Cowork on your files, agents watching your screen and your world. The four blocks stop being a curriculum the moment they connect — what's left is running it on Monday.

01 Voice first — Wispr Flow makes every prompt longer and better
02 Connect before you ask — wired-in AI beats copy-paste AI
03 Cowork on real files — brief it like a hire, inspect it like a manager
04 Agents and routines — decide once, then let it watch for you

YOUR PROGRESS

0

of 17 checkpoints

0% complete

RESET CHECKLIST

BUILD THE STACK. THEN LET IT WORK FOR YOU.