

AI Demistified

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About us and our path



Agile
Growit



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AI Basics

Demistifying AI

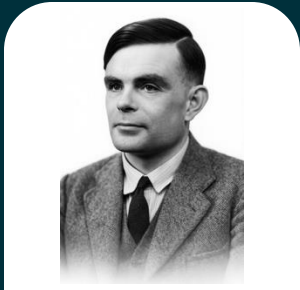
Check in quiz

Testing the knowledge whyle having fun



Origins of AI

From Touring test to Chat GPT



Touring test
1950



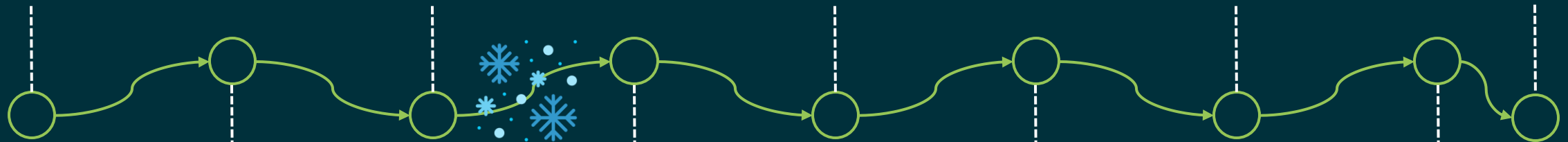
First Chat bot
1966



Deep Blue
1997



Chat GPT 3.5
2022



1956

"Artificial intelligence"
as formal field of studies

1972

First mobile robot



2009

Automatic voice
transcription

2015

First LLM - GPT 2

2016

AlphaGo



Automation reaching its potential with AI



Robotic Process Automation vs AI



Automation reaching its potential with AI



Robotic Process Automation vs AI

RPA

Automates repetitive and rule-based tasks

Executes predefined rules exactly

Does not learn independently and must be programmed for changes

Works best with structured data

AI

Automates tasks requiring judgment

Uses probabilities and context to make decisions

Learns from experience and new data

Can work with structured and unstructured data

Brain of an AI



The AI model is the the core component of an AI system.

Model = Algorithm + Training data

Generative

(Capable of creating content)

GPT

Claude

Gemini

Deep Seek
R1

DALL.E

Midjourney

MusicGen

Discriminative

(Capable of classifying)

BERT

ResNet

Yolo



OpenAI



ANTHROPIC

Meta



deepseek



Microsoft

Generative AI

Most popular generative AI models and platforms



Text

(Large Language Model)

Chat GPT

Claude

Deep Seek

Gemini



Image & Video

(Diffusion Model)

DALL.E

Midjourney

Firefly

Runaway



Music

(Generative Audio Model)

Suno

Udio

MusicGen

Looking under the hood of LLMs



Super-advanced autocomplete that has read the internet

1

Reads billions
of words



2

Finds patterns
in how words
connect



3

Predicts what
word comes
next



4

Generates full
sentences



The iceberg of intelligence



Language fluency above the surface and pattern prediction below it

Language fluency at scale

Sounds confident, feels creative

Pattern prediction at scale

Lacks awareness, reasoning, and true comprehension



AI Bias & Hallucination



Bias is what AI learned wrong while **hallucination** is what it makes up when it doesn't know



Bias happens when the model learns from unbalanced or one-sided data

Hallucination happens when the model lacks reliable information or context

The virtuous cycle of AI

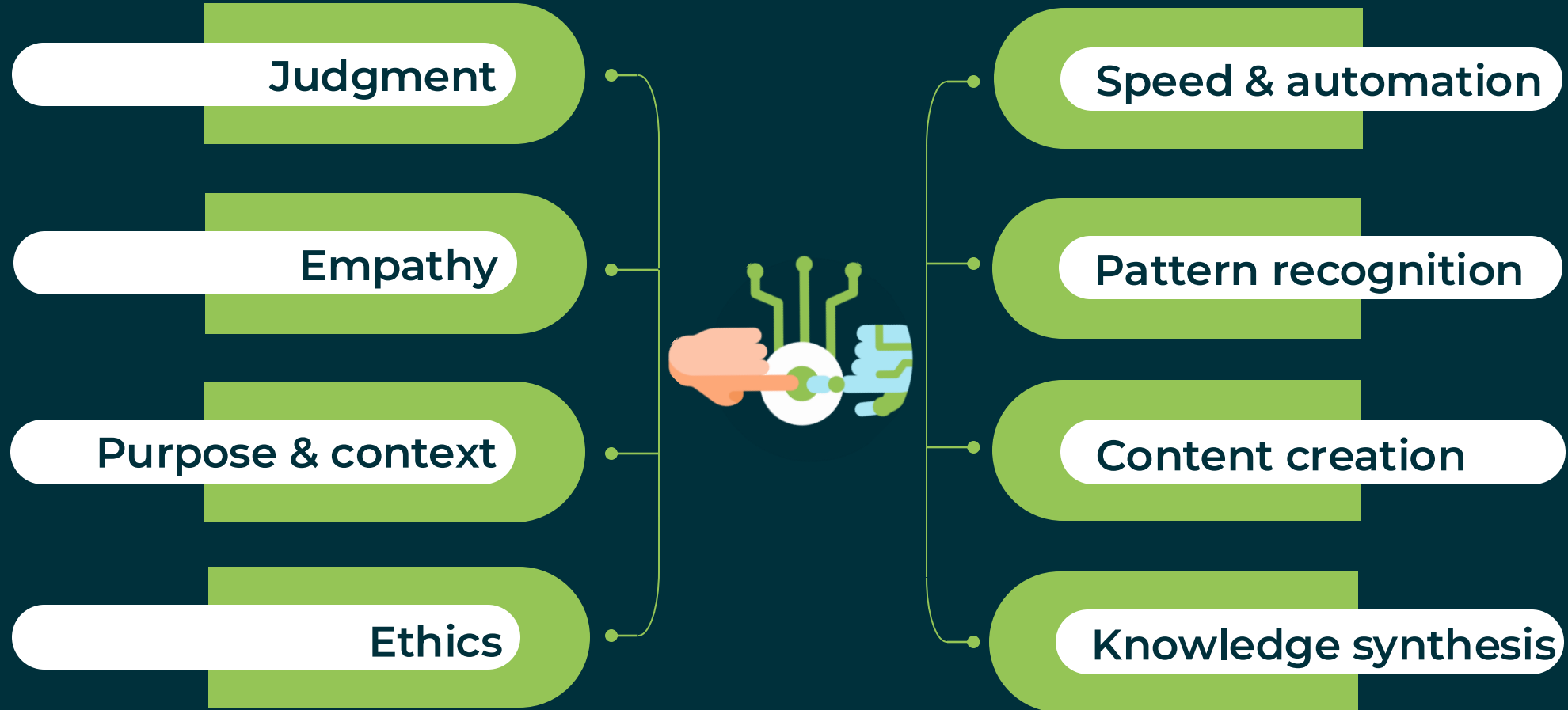
The better the data, the more useful the AI



Humans + AI = Augmented intelligence



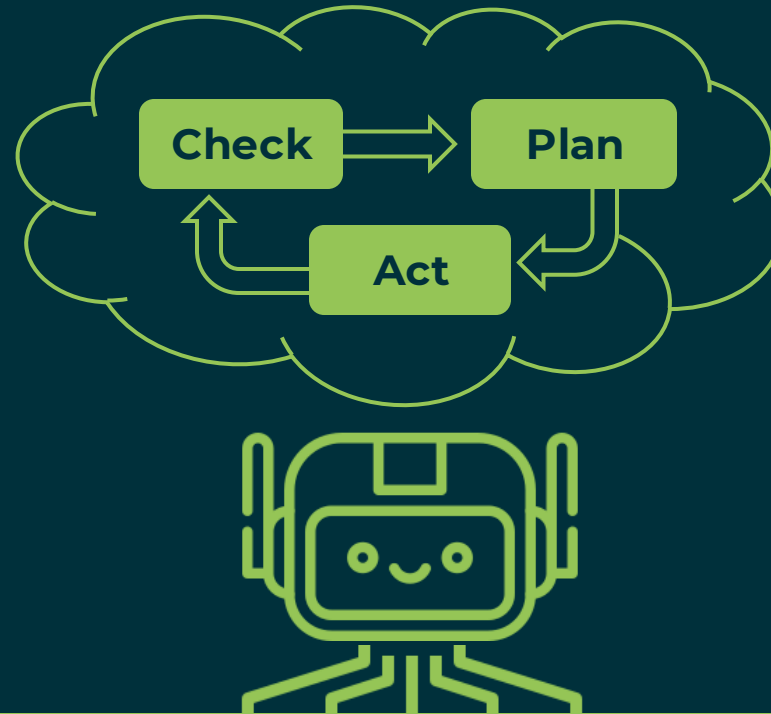
The real opportunity isn't to replace thinking but to amplify it



AI Agents



When AI starts to act and not only answer questions



Clear goal

Access to data

Access to tools

Ethical and safety
boundaries

Inputs



AI Prompting

The Art of Writing Effective Prompts

Anatomy of a good prompt



3 Key Elements of a Prompt

Context

Share who you are
and why you need
the answer.



Task

Clearly specify the
action you want AI
to do.



Format

Define how the
output should
look.



Bad vs. average prompts

Precision Changes Everything



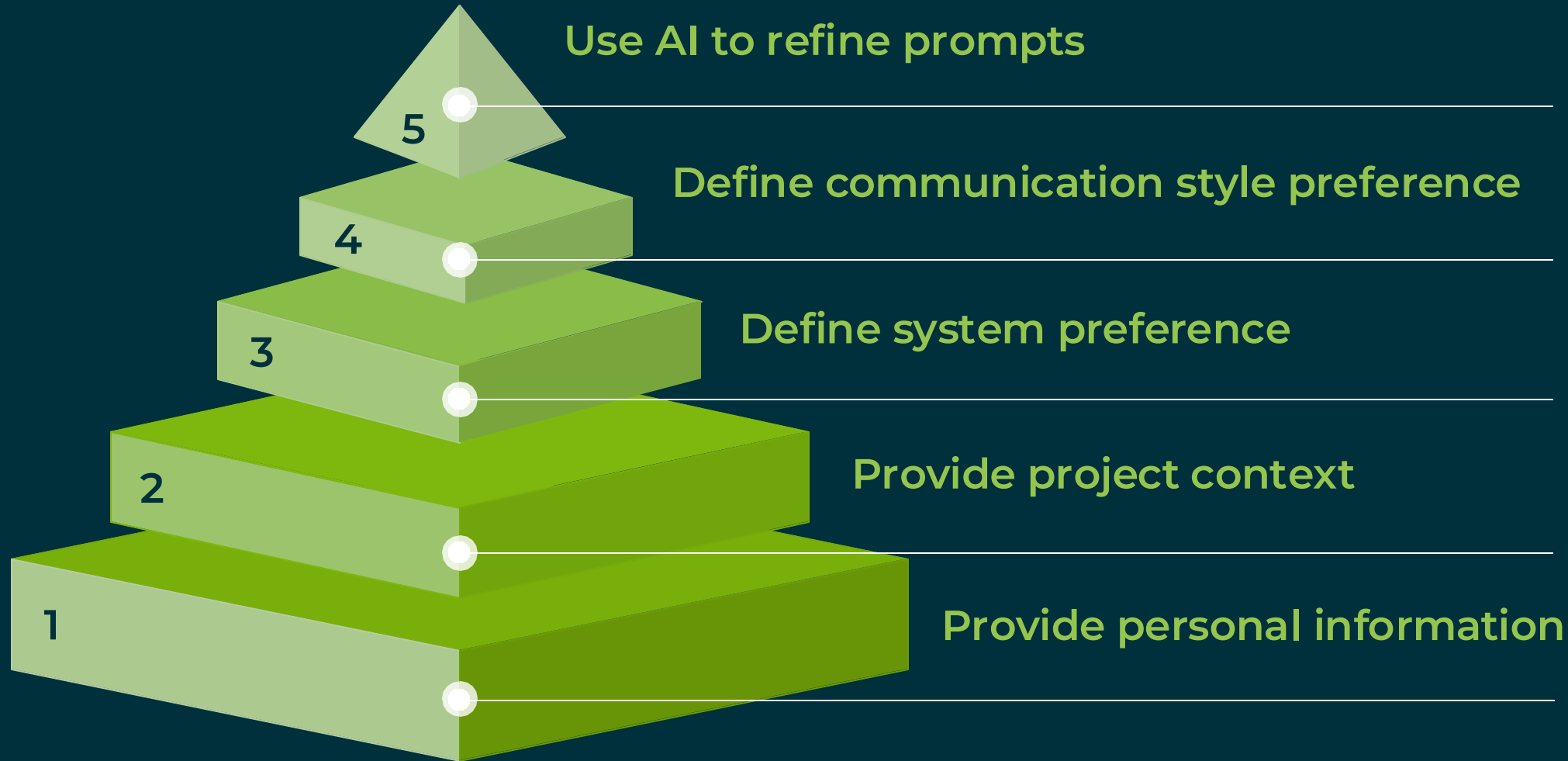
Explain artificial intelligence



**Explain AI in three simple sentences
as if you're speaking to middle school
students.**

The 5 ways to make prompts great

From Questions to AI Collaboration



Exercise

Create Your Master Prompt



Define personal information

- Your role and main responsibilities
- Your strengths and weaknesses
- Your current focus or development area



Provide project context

- The topic or project you want AI to help you with right now
- Who the audience or stakeholders are
- The desired outcome and constraints
- The documents you want to be referenced



Define system preference

- The role you want the AI to take
- How you want AI to support you (challenge you, simplify, provide options, inspire...)
- How you want AI to handle uncertainty or assumptions



Define communication preference

- How you want AI to structure responses
- Tone preference
- Whether you want AI to ask clarifying questions before answering

Exercise

Master prompt example



- I'm an Agile Coach, and Partner at Growit, focused on helping large corporate clients improve their processes and overall ways of working.
- I deliver practical, engaging workshops that mix energy, real examples, and clear actions people can apply immediately.
- My strengths include structure and visual thinking; my weaknesses is that i tend to overcomplicate things



- I'm creating a 90-min workshop-style session on how Change agents can use AI tools and be efficient when prompting AI.
- The audience is mostly non-technical, so the content must be explained in simple terms
- I want the session to be interactive with exercises and hands-on practice.
- Provide guidance fit for a room of ~50 people split into small groups.



- Act as an experienced Agile Coach and a trainer who is deeply enthusiastic about AI and has hands-on experience in using available AI tools
- Be critical, challenge me in my thinking
- Proactively suggest improvements instead of waiting to be asked
- Avoid hallucination — if your level of certainty is beneath 85%, say so
- Adapt content so it is copy-paste friendly for Notion



- Answer in bullet points and sub-bullets whenever it makes sense.
- Focus on practical, real-world examples, instead of theory.
- Whenever my prompt is weak, meaning you do not have my exact context, ask follow-up questions prior to answering.
- Tell me your level of certainty when making statements within brackets



AI Tools for Change Agents

Tools that make difference

Where can AI help you?

Endless possibilities



Meeting insights and enhancements

Backlog manipulation

Agile Maturity Assessment

Team analytics and monitoring

Meeting insights

How to help yourself as meeting facilitator



Automatic
transcription



Summarization



Action item
extraction



Speaker
identification



Sentiment
analysis



fireflies.ai

Backlog manipulation

How to create your backlog



Product Monkey



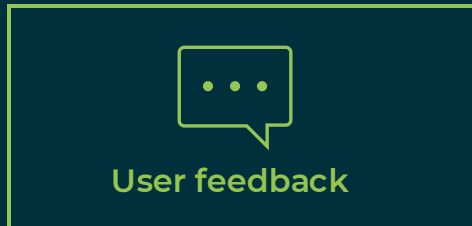
AI-powered requirements generation

Customizable templates

Collaborate & share

Backlog manipulation

How to prioritize your backlog



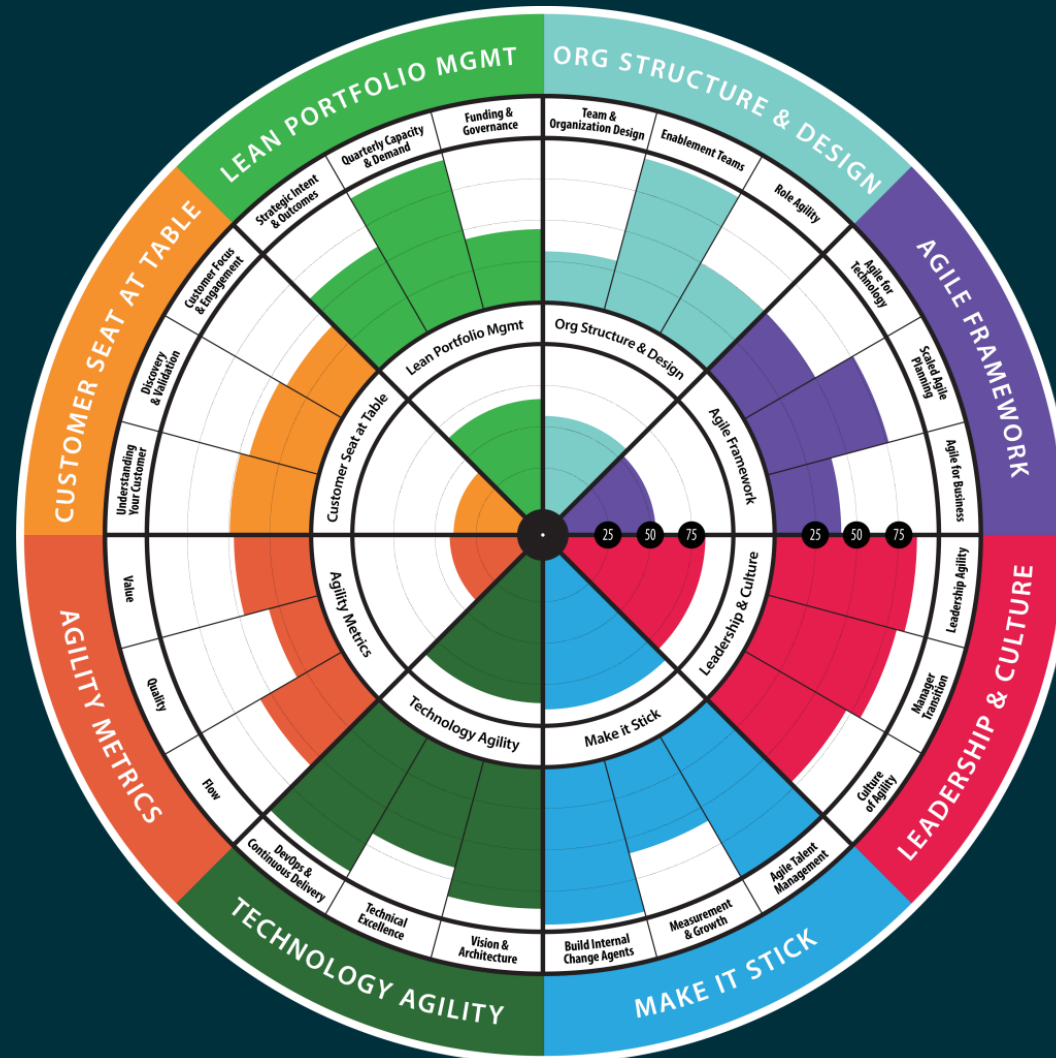
Analysing



Suggest optimal
backlog prioritization

Agile Maturity Assessment

Assessing Agile maturity across an entire organization



Team analytics and monitoring

Assessing team and generating trend reports on blocker progress and frequency



Flags
problems and
escalates
them
automatically



Team analytics



Retrospectives
and surveys



Brainstorming



geekbot



geekbot



geekbot



**Identify the PROBLEM, only
then look for the TOOL!**



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