

10-Minute Lightning Lesson

"What I Learned From 50 Hours of AI Podcasts (So You Don't Have To)"

Host: Geaux Uptown AI · **Format:** Free sample teaching lesson · **Runtime:** ~10:00

COLD OPEN (0:00 – 0:25)

[On camera, mid-sentence energy]

"I listened to 50+ hours of the top AI interviews — Sam Altman, Allie K. Miller, Mo Gawdat, Reid Hoffman, every founder podcast I could find — so you don't have to. In the next ten minutes I'm going to give you the 5 things they all agree on, the 1 thing they're wrong about, and exactly what to do Monday morning. Let's geaux."

WHO I AM (0:25 – 0:55)

"I'm [name]. 19 years inside a Fortune 4 healthcare company running operations. Got the layoff countdown, became a single mom with ADHD, and rebuilt the whole thing on an iPad using AI. Now I teach operators — pharmacy techs, clinic managers, MedSpa owners — how to do the same. No code. No CS degree. Just nervous-system-level clarity on what AI actually is and what to do with it."

THE 5 THINGS EVERY AI EXPERT AGREES ON (0:55 – 6:30)

1. AI is not coming for your job. Someone using AI is. (0:55 – 1:50)

- Allie K. Miller said it on Mel Robbins, Hoffman said it on Tim Ferriss.
- Translation: the differentiator is no longer *what you know* — it's *how fast you can deploy what you know with a model*.
- Operator action: pick the one task you hate most this week. AI it before Friday.

2. LLMs are next-word predictors — not magic, not conscious. (1:50 – 2:45)

- Sam Altman on Lex Fridman: it's pattern completion at planetary scale.
- Why this matters: it explains every hallucination, every weird answer, and exactly why **context is everything**.
- Operator action: stop typing one-line prompts. Give it a role, a goal, examples, and constraints.

3. The 5-part prompt is the only "framework" you need. (2:45 – 3:45)

- Role · Task · Context · Format · Constraints.
- Live demo on screen: same question, two prompts. The bad one returns a Wikipedia paragraph. The good one returns a usable SOP.
- This is the single most expensive skill in the building right now.

4. The money is in boring B2B niches — not consumer apps. (3:45 – 4:45)

- Pulled from My First Million, Greg Isenberg, Sahil Bloom.
- Pharmacy prior-auths. Dental front-desk follow-up. MedSpa lead nurture. Real estate transaction coordination.
- Your industry expertise + a \$20 ChatGPT account = a \$5K–\$50K/mo offer. That's the math.

5. Your judgment is the moat — not the model. (4:45 – 6:30)

- Reid Hoffman calls it co-pilot, not autopilot.
- Mo Gawdat: AI will be 1,000x smarter than us, and the only thing that still belongs to you is **taste, ethics, and lived experience**.
- The operators who win in the next 5 years aren't the most technical — they're the most opinionated. They know what "good" looks like because they've shipped it before.

THE 1 THING THEY'RE ALL WRONG ABOUT (6:30 – 7:30)

"Almost every interview ends with some version of *'learn to prompt.'* That's necessary — and it's not enough. **Prompting is the easy part. Workflow design is the moat.** Anyone can write a prompt. Very few people can map a 12-step prior-auth process and figure out which 4 steps should become a single AI call. That's what I teach. That's where the money is. That's the gap nobody on those podcasts is filling."

MONDAY-MORNING PLAYBOOK (7:30 – 9:00)

[On screen: 3 numbered cards]

1. Audit one workflow this week.

Pick the task in your job that takes longest and is the most repetitive. Write down every step.

2. Circle the 3 steps a model could do.

Drafting, summarizing, categorizing, formatting, follow-up emails — these are all AI-shaped tasks.

3. Build one prompt and run it 5 times.

If it works 4 out of 5, you have a workflow. If it works 5 out of 5, you have a product.

"That's it. That's the whole thing. Most people will overthink this for 6 months. You're going to do it before Friday."

CLOSE + CTA (9:00 – 10:00)

"If you want me to do this *with* you — bring your bottleneck, leave with a working AI workflow and a 14-day plan — I do 1:1 sessions for \$497, four-week cohorts for \$1,997, and on-site corporate training starting at \$4,500. Link below. Bring me one task. We'll ship one thing. And next week you'll know more about applied AI than 99% of your peers.

Stop spinning. Start building. **Geaux Do It.**"

[Hold on tagline · fade]

Production notes

- **Format:** 10 min, talking head + 3 simple on-screen prompt demos (record screen separately)
- **Setup:** iPhone landscape, eye level, window light, ring light fill, lav mic
- **Takes:** Record each numbered section as its own take — easier to edit, easier to re-record one section if you flub it
- **Edit:** CapCut or DaVinci Resolve · jump cuts on every breath · add `[on screen]` graphics for the 5-part prompt + Monday playbook
- **Repurpose:** Cut the 5 numbered "AI agrees on" beats into 5 standalone Reels/Shorts — one a day for a week
- **Render via Higgsfield** if you want to test your avatar before recording live

Suggested thumbnail

Bold face shot · 4 words max: "**50 HOURS OF AI**" · gold accent matching site