AI Working Sessions

Hands-on help with real problems, one hour at a time

For busy teams and leaders who know AI could help, but don't have time to figure it out

Thomas Noel · Noel Consulting Solutions

Most people don't need another AI tool. They need time with someone who can help them understand and set up the tools they already have. That's what my working sessions offer: we sit down together and work through your specific problems, step by step. You leave with something that works.

How it works

Before
A quick note or call about the problem you want to tackle and the tools you use, so we make the most of every minute.

During
Hands-on work on your real tasks, in your own accounts. You drive; I guide, explain, and troubleshoot.

After
A short written recap: what we built, how to use it, and what to try next.

What we could work on

- **Streamlining a process**, like ordering, scheduling, approvals, or intake forms
- **Email and calendar help**, from automations to triage and drafting
- **Templates and how-to guides** for tasks your team repeats
- **An AI project set up** in ChatGPT, Claude, or Gemini for a task you do every week
- **Mapping where AI fits** (and where it doesn't) in your team's workflow
- **Making sense of a spreadsheet**, report, or pile of documents

Safe by design

> We work inside the tools you already use, and I'll show you what's safe to share and what isn't, so private records and personal information stay private.

The details

Rate	$150 per hour. You pay only for the hours you need.
Length	1-hour minimum; 2 hours recommended for a first session
Format	In person in Charlotte or virtual; one-on-one or small groups of up to 5
Included	Light prep and a written recap. Anything I build between sessions is billed at the same rate, and only with your approval.
Commitment	None. Book a session whenever you need one.

The goal is simple: you leave every session with something that works and the confidence to keep going on your own. Just tell me what you'd like to tackle first, and we'll find a time.

Thomas Noel · Founder and Principal, Noel Consulting Solutions thomas@noelconsulting.ai · noelconsulting.ai