AI for Everyday Life: A Hands-On Workshop

A relaxed, beginner-friendly introduction to AI for curious people

For groups of friends, neighbors, clubs, and communities

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This is a relaxed, conversational session for anyone who has been hearing about AI and wondering what it actually means for them. No technical background is required, and no question is too basic. By the end, you'll understand what AI is, which tools are worth knowing, how to use them on the things you actually do, and how to stay safe while you do it.

The whole session is built around **live demonstrations** rather than lectures. You'll watch AI work in real time on real examples, ideally questions the group sends in ahead of time, so you can go home and try it yourself that same evening.

What we'll cover

- **What AI actually is** — explained in plain language, with none of the intimidating jargon. (You already understand more of it than you think.)
- **The words you keep hearing** — a friendly translation of the handful of terms worth knowing, so the headlines and dinner-table conversations make sense.
- **The major tools, and how they differ** — ChatGPT, Gemini, Claude, and Microsoft Copilot: what each is good at, what's free, and what may already be on your phone or computer.
- **What AI can really do for you** — live demos on everyday life: planning a trip, making sense of a confusing letter or document, writing a tricky email, researching a hobby or family history, organizing a project, and getting a second opinion before a big purchase.
- **Staying safe and smart** — what's fine to share with these tools and what isn't, how to spot AI-powered scams and fake voices or images, and how to double-check AI's answers before you rely on them.
- **A few prompts to try this week** — you'll leave with simple, useful prompts you can use right away, so the momentum doesn't stop when the evening ends.

What you'll walk away with

A clear, practical sense of what AI can and can't do for you, a healthy dose of skepticism about its limits, and the confidence to start using it on your own, with a one-page takeaway to keep by your computer.

The details

Length	About 90 minutes to 2 hours, with plenty of time for questions
Format	In your home, club, or community space (virtual also works), built around live demos and the group's own questions
Who it's for	Small groups of complete beginners to everyday users; bring a phone or laptop if you'd like to follow along
Investment	Depends on group size and format; I'm happy to send a simple quote once we know what works best

Helping people feel confident about AI rather than intimidated or overwhelmed by it is the best part of my work. Just let me know what works for your group, and we'll find a date.

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