How I use AI at work, concretely

No jargon. No hype. Just what it does for me every day.

01 The problem (you probably have it too)

I work in business development. Every day I talk to people, research companies, write messages and make decisions. The information was scattered everywhere.

1

Notes everywhere

In apps, in documents, in my head. 10 minutes to find something from 3 weeks ago.

2

Lost context

With every AI assistant I started from zero and explained everything again.

3

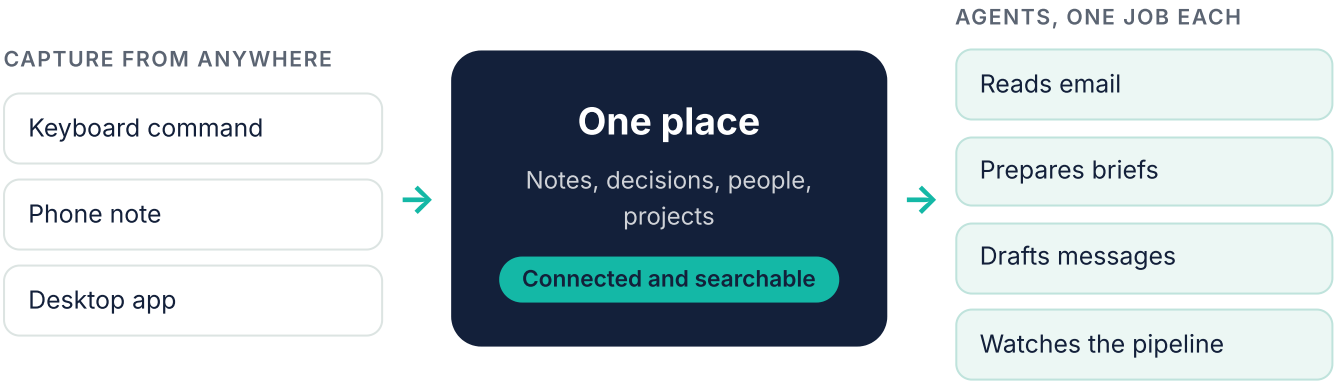
Repetitive work

The same information updated in 3 places. Manual syncing. Copy-paste.

The tools that solve this exist now. They are simpler than most people expect.

02 What the system looks like

Not a complicated program. A workspace that remembers everything and organizes itself.



The agents work together, under rules I defined. After months of trying things, the system got simpler, not more complex. That was the whole point.

03 A typical day

Morning · 3 min

One command. What changed, what is urgent. No 5 apps to open.

During the day

Quick capture from any device. The agents handle the follow-ups.

After a call

I update one note. The system links it to everything relevant.

Evening · 5 min

I note what got done. One sync. Everything up to date.

10 min a day on my side. The agents take over the repetitive part.

04 What changed, concretely

BEFORE		NOW
Notes in 5 apps	→	One place. Connected.
“What did we discuss?” = 10 min of searching	→	One search. Instant.
AI forgets everything between sessions	→	AI knows the context automatically
Same info in 3 files	→	Edit once. It syncs.
Lost ideas	→	3 capture methods. Nothing lost.
Mornings: 20 min	→	Mornings: 3 min. One command.
Scattered decisions	→	Every decision logged with context
One chatbot, limited help	→	Multiple agents, each with a role

05 What it means for a business

My system serves one person. The same principles can organize a team, and the same agents can handle inventory, reporting, customer relationships or dashboards for a whole business.

Operations
Does information flow between people, or get stuck?

Finance
Which subscriptions and lost hours can be replaced?

Time
What takes a day today and could take minutes?

Management
Does everyone see the same data, without calling around?

Data
Decisions on today's numbers, or on Tuesday's?

These problems are not about technology. They are about how information moves inside a company.

I did not replace my brain with AI. I gave it **a system** that organizes what I already know and agents that handle the repetitive part. The same approach works for any team or business. **The scale is up to you.**

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5 years in operational management (400+ people). 1+ year designing and directing AI systems in production for international companies. Experience from blockchain to enterprise tech. I work with a network of specialists, on simple approaches that are fast to implement and easy to maintain.

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