

From Live Event to AI Lab

Practical ChatGPT Training with Sacha

Quick recap

The meeting covered a substitute session for the usual implementation day, which was replaced by a live event featuring various exercises and discussions about ChatGPT's capabilities. Sacha led several practical sessions demonstrating ChatGPT's features for business and personal development, including dictation, audio content creation, and emotional response prompts. The group also discussed technical issues with different ChatGPT versions and addressed the importance of managing digital footprints while using AI tools, with plans for upcoming Q&A sessions and class cancellations announced.

Summary

Modified Implementation Day Training Session

Sacha explained that today's session would cover content that would have been taught on the usual implementation day, which is typically a full-day virtual event featuring multiple instructors. Since this month's implementation day was replaced by a live event, Sacha will teach her portion of the material, which will be divided into two parts: a focused implementation exercise in the first half and a fun prompt exercise in the second half. Stuart inquired about the usual implementation day format, which Sacha confirmed runs from 11 AM Eastern/10 AM Central to 5 PM, and explained that while today's session won't cover all the usual content, Annie and Eben will teach their sections in upcoming classes.

Live Event and ChatGPT Training

The group discussed the upcoming live event, with Sacha explaining that while there would be some team-building activities, there would be no livestreaming due to the event's informal setting in Annie and Eben's home. Sacha then led a practical session on using ChatGPT's dictation feature, explaining that speaking rather than typing would help train the AI to better understand individual speaking styles and personal language patterns. Virginia shared her positive experience attending a previous live event in January, emphasizing the value of attending in person.

ChatGPT for Business Development

Sacha explained the process of using ChatGPT for business development, emphasizing the importance of having an account and providing detailed information about one's business and target audience. She advised participants to speak naturally and provide as much context as

possible, even if the information is not perfectly succinct. Sacha also stressed the value of using ChatGPT as a tool to refine and clarify one's business concept, encouraging participants to think about their ideal clients and the services they offer.

ChatGPT Audio for Business Applications

Sacha led a session on using ChatGPT's audio feature for business purposes, guiding participants through exercises to create content outlines for courses or books. She emphasized the importance of proper prompting and refining ChatGPT's responses to ensure accuracy and relevance. Sacha also addressed questions about using different ChatGPT apps and the importance of managing one's digital footprint with the tool. Participants were given time to practice and experiment with ChatGPT, with Sacha planning to provide a final prompt for further exploration.

Types of Feedback and Advice

Sacha led a discussion about different types of feedback, distinguishing between people who provide sugarcoated praise and those who offer honest, sometimes harsh criticism. She compared this to calling different people for advice, noting that she consults her sister Annie for straightforward recommendations, while others might seek out more positive or encouraging opinions. The session concluded with a disclaimer about the nature of honest feedback, acknowledging that while some people appreciate direct honesty, others prefer more diplomatic feedback.

AI Tools for Personal Growth

Sacha led a discussion on using ChatGPT and other AI tools for personal development, introducing a prompt exercise designed to evoke emotional responses to inspire action. She advised participants to approach the exercise with caution, as the AI's responses might be intense, and provided technical support to Virginia regarding microphone permissions for an app. Participants were instructed to complete the first prompt before moving on to the next, with Sacha planning to follow up with additional prompts later.

ChatGPT-5 Issues and Workarounds

Nancy and Sacha discussed issues with ChatGPT-5, where Nancy encountered problems with transcription and inaccurate responses during a 30-minute back-and-forth conversation. Sacha explained that GPT-5 has intentional mistakes and suggested a workaround by customizing the backend settings to mimic GPT-4's behavior, which Nancy agreed to try. They noted that GPT-4 will be available again by November due to widespread complaints about GPT-5.

ChatGPT for Personal Growth

The group discussed using ChatGPT for personal development through a series of prompts, including one where the AI plays a villainous role and another where it provides uplifting affirmations. Sacha led the discussion and shared how these prompts helped her identify self-sabotaging behaviors and reinforce her identity. The session concluded with an

announcement about an upcoming Q&A class and a reminder that next Thursday's session would be canceled.