

WORKSHOP PLAN

Mastering AI 2.0: Advanced Productivity Strategies



EXPERTS IN PROFESSIONAL DEVELOPMENT

MP-PLUS GROUP HAS BEEN DELIVERING PERSONALIZED TRAINING TO COMPANIES FOR MORE THAN 30 YEARS. WE TRAIN MORE THAN 3,500 PROFESSIONALS EVERY YEAR.

OUR TRAINING PROGRAMS ARE POPULAR BECAUSE THEY ARE STRUCTURED AND PERSONALIZED TO MEET YOUR SPECIFIC NEEDS.



ABOUT MP-PLUS

MP-Plus Group is a leader in the field of professional development. We deliver world-class training in leadership, commitment, achievement, and fun at work - thereby bolstering Québec's international reputation in this regard. Our mission is to enable your professional development by optimizing your personal potential.

What sets us apart is the positive impact that our training programs have on the bottom line. To what do we owe our success? To our steadfast commitment, up-to-the-minute expertise and reliable processes.

For the past 30+ years, MP-Plus Group has trained and mobilized personnel at many major companies, resulting in direct positive impacts on more than 250,000 people.

As an external consultant, MP-Plus Group has provided the guidance that Mouvement Desjardins needed to transform itself into a client-centric organization and helped many of Québec's top 100 companies to achieve strong growth.

MP-Plus Group has built its reputation on outstanding training performance and optimal practices. Our team includes first-rate trainers such as sports psychologist and TV commentator Sylvain Guimond and non-verbal business communication specialist Christian Martineau. At one time, former Québec Vice-Premier Monique Jérôme-Forget also contributed her expertise to our professional training offer.

With every MP-Plus training program, your organization takes a giant step toward achieving the best version of itself.



François Trachy, Director of Development



WORKSHOP - Master AI 2.0: Advanced Productivity Strategies Efficiency

Duration : 4 hours

Context:

Artificial intelligence is no longer limited to the discovery of new technologies: it has now become an essential strategic lever for those looking to optimize every minute of their professional lives. This training is aimed at seasoned professionals - managers, engineers, lawyers, HR professionals, notaries, executives - who have already begun their digital transformation and now wish to systematically, efficiently, and creatively exploit the latest advances in generative AI.

Have you discovered the possibilities offered by ChatGPT, Perplexity, and other conversational agents during our first AI training? Have you started integrating them into your work processes? It's time to go further. Welcome to the next step of your digital development: **a pragmatic, strategic, and intensely results-oriented training.**

At the heart of this advanced version lies a clear ambition: **to transform your relationship with artificial intelligence, time, and performance.** Artificial intelligence should no longer be seen as a supplementary tool, but as a true **cognitive partner** capable of supporting reflection, accelerating production, and fostering innovation. We will show you how to move from basic use to strategic integration of AI in your professional workflows, by leveraging targeted strategies, optimized prompts, automation methods, and real-world use cases.

Each module has been designed to **break down your practice**, eliminate inefficiencies, and offer an immersive learning environment. It's not just about saving time, but about deeply rethinking how you organize your ideas, communicate your projects, process your data, and make decisions. You will leave this training with an **operational toolbox**, models directly transferable to your professional reality, and a keen eye on upcoming AI trends.

In short, "Mastering AI 2.0" is an experience for demanding professionals, seeking concrete methods, measurable productivity gains, and a proactive stance towards the ongoing technological revolution. **AI is no longer a concept to be tamed; it is a strategic advantage to be mastered.**

WORKSHOP - Master AI 2.0: Advanced Productivity Strategies

Training Plan Details

Content (4-hour training):

Welcome to version 2.0 of artificial intelligence for professionals. This intensive 4-hour training is designed for those who want to go **far beyond the basics**. If you are no longer at the stage of exploring, but of **strategically mastering**, this training is for you! In four hours, you will learn to **maximize the potential of AI**, design intelligent work environments, automate professional reflexes, and perfect your interactions with ChatGPT and its derivatives. Whether you are a lawyer, notary, engineer, HR professional, manager, or high-level professional, this training offers concrete methods, expert tools, and strategic approaches to boost your efficiency while maintaining high standards of quality and control.

Secrets to Efficiency and Deep Personalization:

- ✓ As we saw in the first training, the key to AI is prompts. Just like with a real assistant, a vague request will yield uncertain results, while a high-quality request offers a better chance of satisfaction. Discover two new ways to generate quality prompts and hit the mark with your request: "Pimp my prompt" and the "ask me questions to get better results with this prompt" technique.
- ✓ Harness the power of "Memories" to automate your frequent requests.
- ✓ New generation "Custom Instructions" (V2)
- ✓ Tired of an "AI" writing style? Create your own style—so seamless you won't be able to tell whether the text came from you or your virtual assistant.
- ✓ Learn to configure your ChatGPT so that it understands you from the very first line. It will accompany you in your complex tasks as if it has known you forever.
- ✓ You will have access to these specialized GPTs, and to others designed by the trainer to meet the needs of legal, regulatory, and organizational fields.

WORKSHOP - Master AI 2.0: Advanced Productivity Strategies

Exploration of Essential Tools, Strategies, and Applications

We will cover, among other things, the following topics in a dynamic and interactive format:

- ✓ Create specialized GPT conversational agents—even without needing a paid subscription. Discover how to bypass limitations and exploit GPT-4 for free through reliable platforms such as Poe.com and other vetted alternatives.
- ✓ Innovative use on the go:
 - Interact verbally whether you're at your desk or on the road, using voice interfaces or integrated automation.
- ✓ Strategic vision: Using AI to find your productivity blind spots. Learn how to make your data work for you, detect inefficient routines, and generate new performance habits.
- ✓ Did you know that one of the most powerful and environmentally friendly AIs currently is Grok?
- ✓ And last but not least, does your organization require the use of Copilot, and you remain unsatisfied? Discover a new strategy to get results comparable to ChatGPT—but using your employer's application!
- ✓ A practical guide to the best paid AI tools for productivity:
 - Plaud Note for intelligent meeting transcription
 - Copilot Office 365: the digital assistant integrated into your office tools
 - Generate PowerPoint presentations from simple instructions
 - Even better: translate a 245-page PowerPoint into Spanish in under 10 seconds!
 - Automated creation and modification of Word, Excel, etc. documents
 - Have your emails or responses written in French by dictating the key points in English!
 - Among the paid tools, discover a new AI with a “*Half-Machine, Half-Human*” personality—
with this AI, no more political correctness, no more bureaucratic language

WORKSHOP - Master AI 2.0: Advanced Productivity Strategies

Secrets to Efficiency and Deep Personalization:

ARTIFICIAL INTELLIGENCE AT THE SERVICE OF PROFESSIONAL SUCCESS

- ✓ Automate your tasks with GPTs Memories: one word is enough to act
- ✓ Master the new Custom Instructions V2 for unparalleled control
- ✓ Use ChatGPT for free even with token limits: reliable sources provided
- ✓ Refine your requests with our exclusive *Pimp my Prompt* method
- ✓ Discover the 10 best specialized GPT lounges (including those for lawyers, notaries, RBQ)
- ✓ Put AI at the service of your self-assessment: identify your productivity blind spots
- ✓ Test and compare the most efficient paid AI tools

In short:

Be able to achieve superior productivity and efficiency while delivering higher quality products than what a "human" assistant could produce—and all this, at little to no cost!



François Trachy

Trainer, Associate and director of development

François Trachy is a trainer, partner, and director of development at Groupe MP-Plus. In just seven years, this company has become essential in continuing professional training, having welcomed more than 7,000 professionals to its training sessions open to the public. François Trachy is the man behind this resounding business development success.

Mr. Trachy has helped and supported many professionals in improving their business development approach for over ten years. He is also involved with several companies in the implementation of best practices in business development.



François Trachy, the development ace, has been dedicated since the start of his career with a more than impressive track record to advancing and helping others develop in good business development practices to achieve great results.

François Trachy, the builder, is an entrepreneur at heart who continuously develops new projects brilliantly. He is not afraid to think outside the box and use and develop new approaches.

François Trachy, the training specialist, graduated from UQAM as an andragogy trainer. He is highly self-taught and recognized as an outstanding dynamic communicator; he makes the learning experience stimulating and rewarding.