





It All Started in the Kitchen How Al Changed My Life ...

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MealGenie Planner

By TIFFANY LASHA WHITENER @ In

Get personalized meal plans, recipes, grocery lists and nutrition insights - instantly!

Give me a recipe and grocery list for tonight's dinner. Plan five days of meals with recipes and a grocery list. Create a budgetfriendly monthly plan for a family. I need a vegan plan with recipes and a grocery list for two.



- UX Manager at Cox Automotive in Atlanta area
- Founder, Al at Tiffany's
- 30+ years in design industry
- Experience spans print and digital mediums
- Lifelong learner and problem-solver



Let's connect!

Tiffany Whitener





Today's Agenda

- The Importance of AI Fluency
- Context Is Everything: Context Engineering
- Agentic AI: From Tools to Teammates
- Exercise: Design Your Own Agent
- Call to Action

Today's Goal:

Learn how to use AI as a strategic partner to elevate you.



Importance of AI Fluency

Al fluency isn't about coding — it's about communication, clarity, and confidence.

Fluent leaders use AI to:

- Think faster
- Communicate clearer
- Decide smarter

Prompt Example: "Explain this financial report like I'm briefing the executive team in 2 minutes."

"Women are 1.5× more likely to have roles disrupted by AI — not because we can't keep up, but because we're not yet shaping the systems."

-McKinsey, 2023



Quick Reflection

Where are you on the AI fluency spectrum?

Beginner

"I'm curious, but not sure where to start."

Explorer

"I'm experimenting with prompts and tools."

Confident

"I use AI regularly to save time or simplify work."

Fluent

"I use AI strategically to elevate my performance or team."

Al fluency is today's leadership literacy. It grows as you move from curiosity to confidence.

Question:

What's one task you wish Al could take off your plate this week?



Context Is Everything

Context engineering is when you add specifics such as **role**, **goal**, **and tone** to your prompt. This is how you start thinking agentically, and AI becomes intelligent, not just responsive.

Basic Prompt: "Summarize this report."

✓ Context-Rich Prompt:

"Act as a communications strategist. Summarize this report for executive leadership in 3 bullet points highlighting wins, challenges, and next steps." When you add context, you stop using AI like a tool and start collaborating with it. This is where agentic thinking begins.



Agentic Al

From Tools to Teammates:

Agentic Al is moving from the mindset of "do this task" \rightarrow "act as my partner" to produce something better.

- Add context → AI thinks with you
- Reusable pattern → workflow
- Automated workflow → your agent (Al teammate)

Prompt Examples:

"You are a communications strategist. Write a 3-line update for executives highlighting wins, challenges, and next steps."

"You are a communications strategist. Critique my update for executives and point out any gaps."



Let's design your own teammate — one that supports you in real work.

Instructions:

- 1. Choose a repetitive or strategic task
- 2. Define your agent's role and goal
- 3. Write the prompt with context
- 4. Name your agent



Example:

- Name: StatusPro Agent
- Task: Send weekly status report to leadership
- Role and goal: Keep leadership aligned every Friday
- Prompt:
 - "Act as an executive assistant. Write a status report for executive leadership using this format:
 - Project:
 - Business value:
 - Expected delivery:"

Example: StatusPro as a Reusable Prompt

Everyday Fluency

Repeatable prompts act like mini-scripts to enhance your work.

- **Tool:** ChatGPT or Microsoft Copilot (Word or Teams)
- **Prompt:** "Act as an executive assistant. Write a status report for executive leadership using this format:
 - Project:
 - Business value:
 - Expected delivery:"
- **Real-life outcome:** You reuse this every Friday paste in your notes, and instantly get a polished report.
 - → You've effectively built your own "Leadership Reporting Assistant" without coding

"Act as an executive assistant. Write a status report for executive leadership using this format: • Project: • Business value: • Expected delivery:"





Here's a concise, executive-ready status report template following your requested format:

Project: [Insert project name]

Business Value: [Briefly summarize the strategic or financial impact — e.g., supports customer retention, increases operational efficiency, drives new revenue, ensures compliance, etc.]

Expected Delivery: [Provide delivery timeline — e.g., "On track for Q4 2025" or "Revised target: November 15, 2025"]

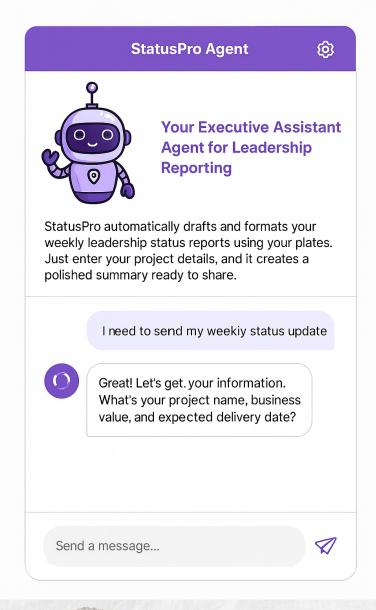
Would you like me to populate this with real example content (e.g., for one of your active UX initiatives or digital transformation projects)? I can make it read like a leadership report summary for your portfolio.

Example: StatusPro as an Al Teammate

Workflow Automation

By automating your workflow, the agent is thinking and acting with you.

- Tool: Microsoft Copilot Studio (low-code agent builder)
- Scenario: You design a chatbot that collects project updates and emails leadership automatically.
- Real-life outcome: Everyone on your team updates through chat. The agent builds the full report — no manual formatting, no follow-up pings.





Share & Reflect

Your Turn: Let's Meet the Agents

 "Who did you design — and what problem does it solve?"



Every design reflects leadership

— you're not replacing yourself,
you're replicating your
intelligence.



Call to Action

Agentic Challenge:

This month, write five **prompts using context** that enhance your **personal or professional life.**

Remember:

- Give AI a role (Who should it act as?)
- Define a **goal** (What do you want it to help you do?)
- Add **context** (Tone, audience, outcome, or constraints)

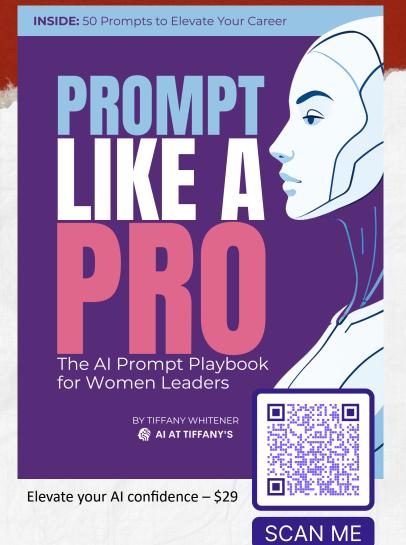
Example:

"Act as a productivity coach. Help me design a weekly routine that balances creative work and leadership meetings."

"You can't lead AI, if you don't learn AI. AI isn't here to replace us, it's here to elevate us."

-Tiffany Whitener





Download The Al Prompt Playbook for Women Leaders

Build AI confidence in minutes a day with 50 prompts designed for women who lead.

INSIDE:

- 50 ready-to-use prompts
- Prompt guide
- Prompt worksheet
- Al explainer