A practice day for teams using AI agents

The Starnberg concept is a dedicated practice day for your team with Andreas Ehstand. On a task they know well, colleagues who already direct several AI agents at once explore when they find flow, what they enjoy and how they recognize good work.

Which idea deserves a prototype?

An illustrative example from product development. A team explores three ideas across many parallel AI threads. Two colleagues are still discussing an assumption when the next result lands. In the first round they respond immediately. In the second they save questions for an agreed review point. Both times, they have to explain which idea they would take forward.

How your team could use the day

Before the day	Each person chooses a familiar task and decides what a good work session would look and feel like.
In Starnberg	The team tries two approaches on comparable, reconstructed tasks, changing one aspect of the work. Participants compare quality, time including rework, enjoyment and effort. When did enjoyment give way to fatigue? How easy was it to pick up the thread after a break?
Follow-up	Each person chooses one way of working to try back on the job. In a later conversation they discuss which tasks it suited and where it fell short.

What the team lead could take away

The debrief gives the team lead a chance to record what evidence supports the preferred idea, which assumptions still need checking and which way of working the team would try again. The company verifies the agents' claims and makes its own investment decision.

Start a conversation

For a research enquiry, tell Andreas Ehstand the project goal and who would take part. An anonymized example is enough. An external organizer would provide the proposal, handle contracts and billing, and deliver the program.

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See the concept for organizations