

Your first move with AI

A practical starting point for EOS® teams

The R.E.P.E.A.T. framework

R	Repetitive	Done more than once a week?
E	Error-prone	Mistakes when humans do it manually?
P	Predictable	Follows clear rules or patterns?
E	Energy-draining	Does your team complain about doing it?
A	Accessible data	Do you have the info AI would need?
T	Time-consuming	Takes 30+ minutes per occurrence?

5 AI use cases for EOS teams

1. L10™ Meeting Prep

2hrs → 15min

Issues from Slack/email → auto-drafted Issues List
2. Scorecard Data Collection

2-4hrs/wk saved

Auto-pull metrics, flag anomalies before you see them
3. Meeting Notes & To-Dos

43% less follow-up

AI transcribes, identifies action items, assigns to-dos
4. Customer Issue Routing

35% faster response

AI reads, determines urgency, routes & drafts responses
5. Candidate Screening

35% faster hire

Pre-screen 200 resumes down to the top 15

90-day implementation playbook

- Wk 1-2: PICK & SCOPE
R.E.P.E.A.T. audit, document baseline, assign owner
- Wk 3-4: SELECT & SETUP
Research tools, pilot with 3-5 people max
- Wk 5-10: TEST & MEASURE
Run parallel. Measure: time, errors , satisfaction
- Wk 11-13: DECIDE & SCALE
Option A: scale | B: refine | C: kill it, no shame

Key success factors

- Executive sponsorship:** Integrator or Visionary must be behind it
- Psychological safety:** Testing AI ≠ jobs at risk. Say it out loud. Put it in writing.
- Celebrate small wins:** 2hrs saved on scorecards? Acknowledge it. Make it visible.

My R.E.P.E.A.T. score

☐ Repetitive

☐ Energy-draining

☐ Error-prone

☐ Accessible data

☐ Predictable

☐ Time-consuming

Score: __ / 6

Key stats

- 20%

of companies have embedded AI across the business (McKinsey, 2025)
- 50%

reduction in diagnostic errors, Healthcare (Harvard Medical School, 2024)
- 31%

cut in manufacturing defects via AI (PwC, 2024)
- 35%

faster response times in Customer service
- 43%

less meeting follow-up time (University of Washington, 2023)

Talking points for your next L10

- Open :** "I've identified one task taking up time we could spend on more valuable work."
- Acknowledge:** "We're not using AI to cut jobs. We're using it to cut busy work."
- Be specific:** "Here's the one thing I want to test: [your R.E.P.E.A.T. task]."
- Make it safe:** "Small pilot. Just our team. 90 days. If it doesn't work, we stop."
- Define success:** "We get [X hours] back, quality stays the same, team prefers it."

What not to say

- x

"AI is the future and we need to keep up": pressure without purpose
- x

"This will save us so much money": sounds like layoffs
- x

"Everyone else is doing this": nobody cares
- ✓

Instead: "This gives us time back for work that actually matters."

The big idea

"The dishes weren't the point."

AI isn't the point. Your team is the point. Your customers are the point.

Your next step

- Before you leave this conference
1. Pick ONE process from the R.E.P.E.A.T. diagnostic

2. Commit to the 90-day playbook this quarter