main method

Agentic AI *Implementation Sprint*

AI becomes useful when it's applied to real work. For most owners the opportunity isn't abstract innovation. It's reclaiming time, improving consistency, and helping staff work smarter. This sprint moves your team from curiosity to application.

FORMAT	BEST FOR	FOCUS
4-week sprint	Owner-led businesses and teams	Practical AI workflows



2 to 3
working AI-assisted workflows, built and tested inside your business

Four weeks, start to adoption

Hands-on throughout. No hype, no jargon.

WEEK 1
Discover
Map daily workflows and prioritize where AI can save the most time.

WEEK 2
Design
Select two to three use cases and design the prompts and process for each.

WEEK 3
Build + test
Implement the workflows hands-on and test them on real tasks.

WEEK 4
Train + adopt
Train the team, set basic guardrails, and plan what to scale next.

WHO IT'S FOR

- Businesses that want to explore AI without getting lost in hype or complexity
- Organizations introducing staff to practical tools for content, communication, operations, and admin

WHAT YOU RECEIVE

- Working AI-assisted processes tailored to your business
- A clear view of where AI adds value, and where it doesn't
- Greater staff confidence and adoption
- A foundation for future experimentation

WHY IT MATTERS

You don't need to chase every trend. You need useful technology that works in context.

The sprint is built for immediate learning and realistic implementation.

INVESTMENT

$1,500 to $15,000

$1,500 per business, or a cohort of up to 10 businesses learning together. Add a laptops-open AI lab for your district or team.

Put AI to work in your business this month.

Start your sprint →

mainandmethod.com/get-started · build@mainandmethod.com · 800.413.7563

Illustrative program concept. Scope and pricing tailored to each business.