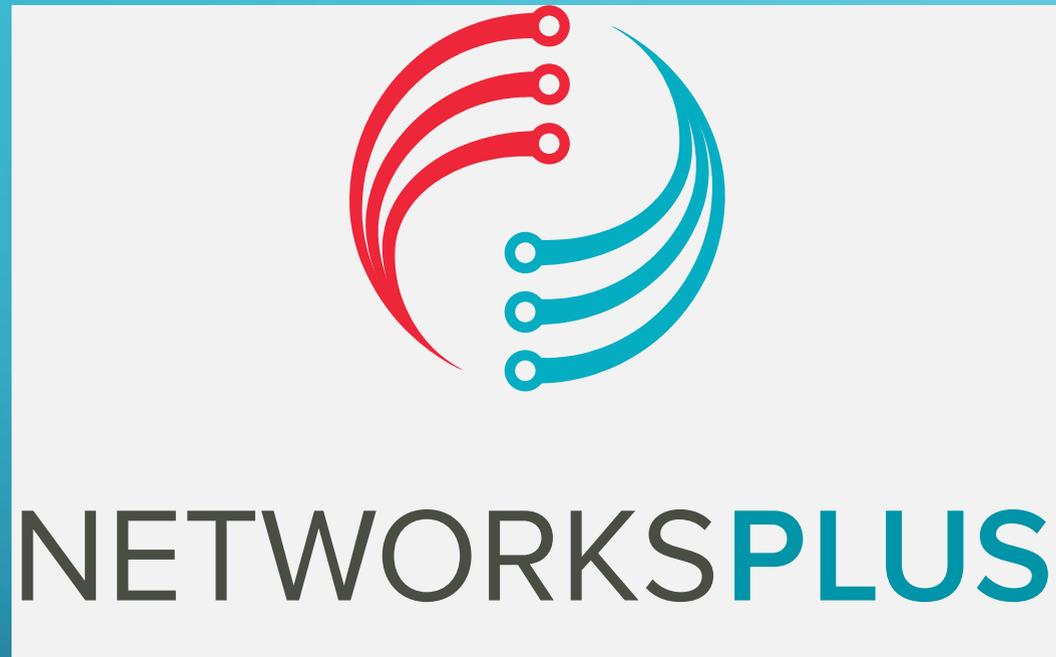




Harnessing AI

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Who is Networks Plus?



- Been in business for 32 years
- Wholly-owned subsidiary of Blue Valley Technologies since 2014
- Partner with 250+ businesses
- It is our mission to teach about best practices in IT & Cybersecurity, and help develop roadmaps to increase productivity and cybersecurity posture



What Is AI — In Plain English

AI stands for **Artificial Intelligence**, which simply means teaching computers to think and learn like humans.

It's technology that helps software **analyze information, recognize patterns, make decisions, or predict outcomes** — often faster and more accurately than a person could.

You already use AI every day, even if you don't realize it:

- When your email filters out spam automatically → that's AI.
- When your phone suggests replies to a text → that's AI.
- When Netflix or Amazon recommends what you might like next → that's AI learning your habits.





AI in Action: Practical Business Applications

1

Business Productivity

- Microsoft 365 Copilot summarizes emails and generate reports instantly
- ChatGPT Enterprise, Gamma, etc. create content safely with enterprise-grade security
- Tools like CoPilot or Otter.ai use AI to record meetings, provide after-action items & take notes.

2

Operations & Support

- AI ticketing systems categorize and route support requests automatically
- Document processing tools extract data from invoices and contracts efficiently
- AI assistants manage calendars, prioritize tasks, and summarize meetings

3

Cybersecurity

- Microsoft Defender XDR and SentinelOne detect threats in real time
- Advanced email filters identify phishing attempts before they reach inboxes
- User behavior analytics spot unusual patterns before breaches occur

Security Best Practices for Business AI

01 Data Governance

Define clear boundaries for what data AI tools can access and where information is stored. Establish ownership and accountability for AI data usage.

02 Access Control

Restrict AI tool usage to authorized personnel only. Implement multi-factor authentication and role-based access controls across all platforms.

03 Vendor Vetting

Choose AI providers that meet compliance standards including SOC 2, ISO 27001, GDPR, and HIPAA (if applicable to your industry).

04 Data Minimization

Feed only non-sensitive or properly anonymized data into AI systems. Never expose confidential client or proprietary information.

05 Human Oversight

AI should assist and augment human decision-making, **never replace it entirely**. Maintain accountability through human review processes.

Avoiding Common AI Risks

Data Leakage

Never upload confidential customer data, proprietary information, or personally identifiable information to public AI tools. Use enterprise versions with proper data isolation and tenant controls.

Misinformation & Hallucinations

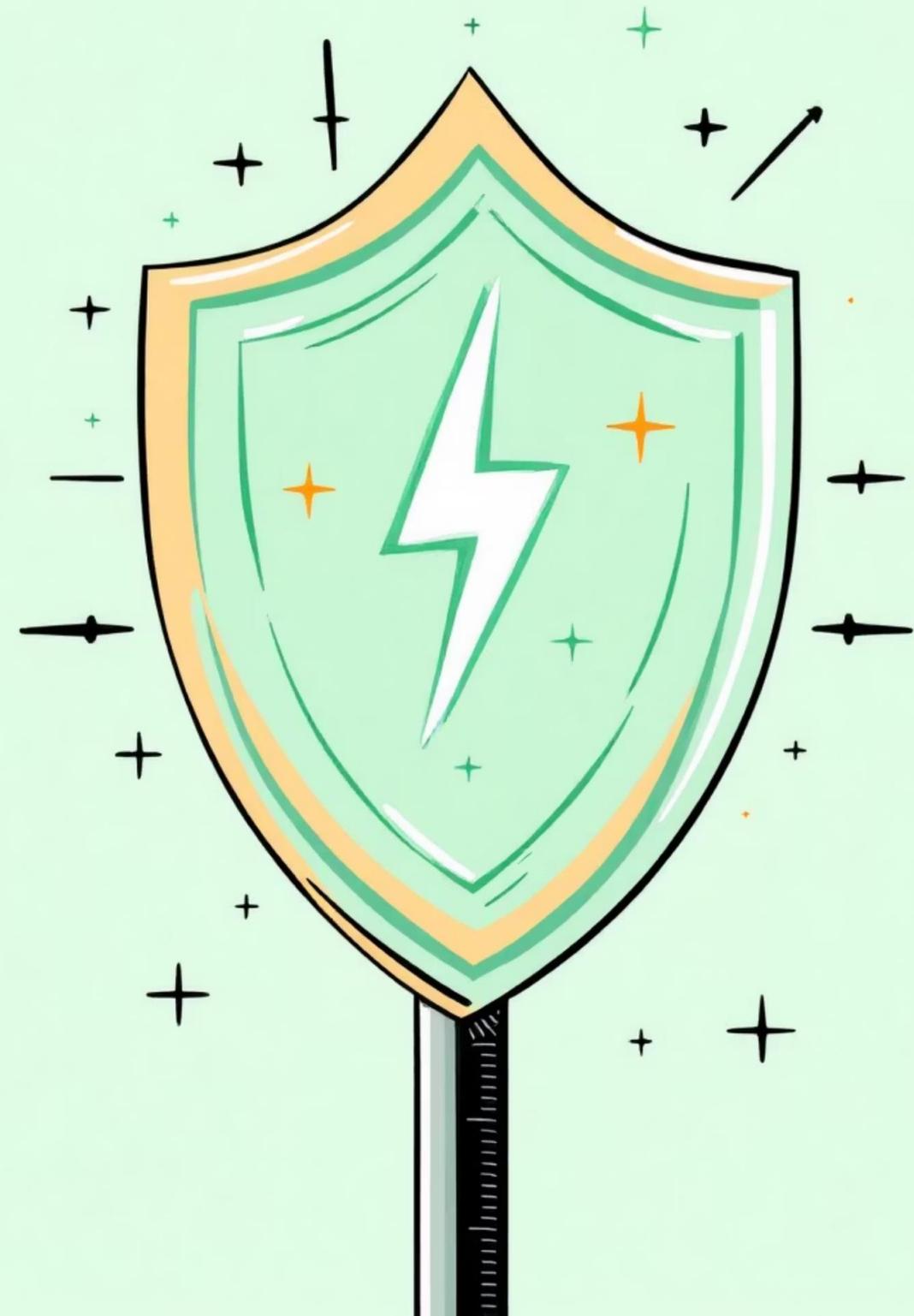
AI can generate plausible but incorrect information. Always verify AI-generated content before using it in external communications, reports, or client-facing materials.

Bias and Ethical Concerns

Evaluate AI outputs for fairness, accuracy, and potential bias. Be especially vigilant when AI is used for hiring, customer scoring, or other decisions affecting people.

Shadow IT Exposure

Employees using unapproved AI tools create security gaps. Establish clear policies about which tools are approved and provide secure alternatives to meet legitimate needs.



Your AI Adoption Roadmap

 **ASSESS YOUR NEEDS**
Identify specific areas where AI delivers maximum value
—whether in productivity gains, enhanced customer service, or strengthened cybersecurity defenses.

 **START WITH A PILOT**
Test an AI tool for internal use first, such as automated meeting notes or email summarization.
Learn what works before expanding deployment.

 **BUILD CLEAR POLICIES**
Create an AI Acceptable Use Policy that defines approved tools,
data handling requirements, and employee responsibilities for secure usage.

 **TRAIN YOUR TEAM**
Educate employees on both the capabilities and limitations of AI.
Teach safe practices and ethical considerations through regular training sessions.

 **MONITOR AND ADAPT**
Review tool usage patterns, security logs, and business outcomes regularly.
Adjust policies and tool selection as technologies and needs evolve.

AI Tools for SMBs

<u>Category</u>	<u>Example Tools</u>	<u>Key Benefits</u>	<u>Security Features</u>
Productivity	M365 CoPilot, Notion AI, ChatGPT, Gemini	Drafting, summarizing, workflow automation	Tenant isolation, Microsoft compliance
Sales/Marketing	HubSpot AI, GlassHive, Canva, Adobe Express	Content creation, CRM insights, design	SOC 2, GDPR compliance
Cybersecurity	SentinelOne, Defender XDR	AI-powered threat detection and response	Zero Trust integration
Communication	Grammarly Business, Otter.ai, CoPilot	Email optimization, meeting summaries	Secure cloud processing
Creation	Gamma, Synthesia, Nano Banana	AI-powered creation for videos, presentation in an instant	Local data control options



AI at Home: Practical Uses

Real Submissions
from my personal
logs....no judging
me or my grammar



Meal Planning for Weight Loss Request

Act as a nutritionist who you are trying to help me stay on my fitness and weight loss goals and create a two meal plan including recipes with ingredients that can be found at the Manhattan ks hyvee or Dillon's grocery store and include the shopping list.

Here's a **two-meal daily plan** to help you stay on track with fitness and weight-loss goals. All ingredients should be available at the Hy-Vee or Dillons in Manhattan, KS. Each meal is balanced with lean protein, veggies, healthy fats, and fiber—designed to satisfy and fuel your day.

Meal Planning for Weight Loss Response

🍳 Meal 1: Turkey & Veggie Scramble with Avocado Toast

Serves: 1

Ingredients

- 3 oz lean ground turkey (93% lean)
- 2 large eggs (or 1 egg + 2 egg whites)
- ½ cup cherry tomatoes, halved
- ½ cup fresh baby spinach
- 1 tsp olive oil
- Salt & pepper
- 1 slice whole-grain/sprouted bread
- ¼ avocado
- Optional: red pepper flakes or fresh cilantro

Recipe

1. **Prep & cook turkey:** Warm olive oil in a non-stick pan over medium heat. Crumble in turkey, sauté ~4–5 min until cooked through. Season with salt & pepper.
2. **Add veggies:** Toss in tomatoes and spinach. Cook 1–2 min until spinach wilts.
3. **Scramble eggs:** Whisk eggs together, pour into pan. Stir continuously until fully cooked and fluffy.
4. **Toast & top:** Toast bread. Mash avocado with fork; spread on toast. Add salt, pepper, and optional red pepper flakes or cilantro.
5. **Serve:** Plate scramble alongside the avocado toast.

Nutrition estimate: ~380–420 cal | Protein 28–32 g ↓ | Fat 18–22 g | Carbs 30–32 g

What's for dinner tonight?

Create a dinner for two with the following ingredients:

Rotini pasta

Chicken breast

Peppers

Mushroom

Broccoli

White rice

Carrots

Celery

kielbasa

Colby and pepper jack cheese

Almond milk

Black olive

Zucchini

Greek yogurt

A bunch of different types of season

Poison sauce, soy sauce, Worcestershire sauce, chipotle, Baja chipotle from Subway, Yum Yum sauce, teriyaki barbecue sauce, ranch, ketchup, mustard, mayonnaise Hot sauce, red wine vinegar, peanut butter, maple syrup, Ramen noodles

Please ask Schafer any other ingredients or seasonings that you may need to complete a recipe

What's for dinner tonight?

Initial Response

Here's a tasty dinner idea for two using a combination of your ingredients: **Spicy Chicken & Veggie Rotini with Creamy Chipotle Yogurt Sauce** and a **Grilled Kielbasa & Veggie Skewer Side**.

Main Dish: Spicy Chicken & Veggie Rotini

Ingredients:

- Rotini pasta
- Chicken breast (cubed)
- Peppers (sliced)
- Mushrooms (sliced)
- Zucchini (sliced)
- Black olives (sliced)
- Colby and pepper jack cheese (shredded)
- Greek yogurt
- Baja chipotle sauce or chipotle seasoning
- Garlic powder, onion powder, salt, pepper
- Olive oil (ask Schafer if available)

Instructions:

1. **Cook pasta** according to package instructions. Drain and set aside.
2. **Sauté chicken** in olive oil (or a little ranch if no oil) with salt, pepper, garlic powder, and onion powder until cooked through.
3. Add peppers, mushrooms, and zucchini. Sauté until tender.
4. In a small bowl, mix Greek yogurt with a tablespoon of Baja chipotle sauce (or chipotle seasoning) to make a creamy spicy sauce.
5. Toss cooked pasta, sautéed chicken and veggies, olives, shredded cheese, and sauce together in a large bowl.
6. Serve warm, optionally topped with more cheese or hot sauce.



What's for dinner tonight?

Alternate Response #1

What about more chick fila style

Perfect — if you're craving something **Chick-fil-A-inspired**, you can absolutely recreate that flavor profile with what you've got. Here's a dinner for two styled like a **Chick-fil-A meal**, complete with a spicy chicken sandwich and waffle fry alternative:

Main: Crispy Chicken Sandwiches (Chick-fil-A Style)

Ingredients:

- Chicken breast (pounded thin or sliced into cutlets)
- Greek yogurt (as buttermilk sub)
- Pickle juice (ask Schafer if available — or skip if not)
- Seasonings: salt, pepper, paprika, garlic powder, onion powder, cayenne
- Ramen noodles (crushed, for a crunchy coating)
- Mayo, Baja chipotle or honey mustard (for sauce)
- Bread or buns (ask Schafer if you have them — or wrap in lettuce)

Instructions:

1. **Marinate chicken:** Mix Greek yogurt with a splash of almond milk, pickle juice (if you have it), and seasoning. Marinate chicken for 30+ minutes.
2. **Coat** with crushed ramen noodles + more seasoning (this mimics fried texture without flour).
3. **Pan-fry** or bake until crispy and golden.
4. Serve on buns or lettuce wraps with a sauce made from **mayo + Baja chipotle** or **mayo + mustard + a little syrup** (DIY Chick-fil-A sauce).

What's for dinner tonight?

Alternate Response #2

Now we're talking! You can totally pull off a **Taco Bell–inspired dinner** with your ingredients — bold flavors, cheesy textures, and customizable builds. Here's a full **DIY Taco Bell–style meal** for two:

Main: Cheesy Chicken or Kielbasa Quesaritos (or Bowls)

Think: Taco Bell's quesarito or burrito bowls — grilled protein, rice, cheese, sauce, veggies.

Ingredients:

- Chicken breast or kielbasa (grilled or sautéed)
- White rice
- Colby & pepper jack cheese
- Peppers, mushrooms, zucchini, black olives
- Greek yogurt (as sour cream)
- Chipotle sauce, Baja chipotle, or Yum Yum sauce
- Ramen noodles (optional as crunchy filler)

Instructions:

1. **Cook rice** and set aside.
2. **Grill or pan-sear** chicken/kielbasa with taco-style seasoning (paprika, cumin, garlic, chili powder).
3. **Sauté veggies** (peppers, mushrooms, zucchini).
4. **Build it burrito-style:**
 - Start with a cheesy layer (melted cheese and a bit of Greek yogurt),
 - Add rice, protein, veggies, olives,
 - Drizzle with Baja chipotle or Yum Yum sauce.
 - If you have tortillas — roll into a burrito or grill it.
 - If not — stack it in a bowl like a burrito bowl.

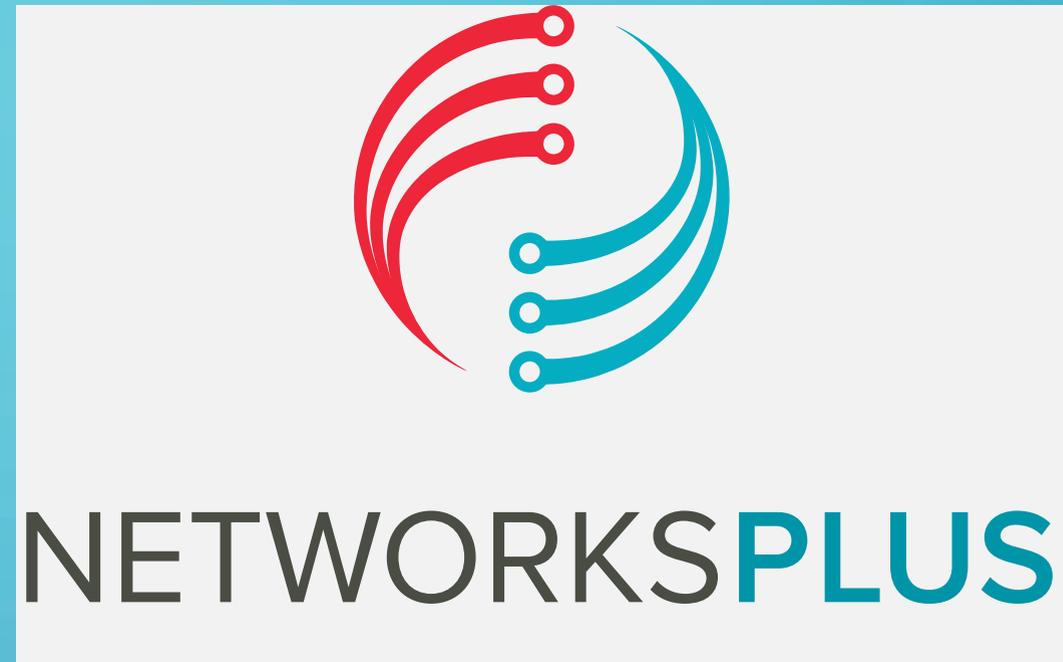


The Bottom Line

AI isn't about replacing people — it's about helping your team do more, faster, and smarter.

Think of it as giving your office a powerful assistant who:

- never gets tired,
- keeps your data organized,
- and gives you insights that help you make better business decisions.



Networks. Plus People. Plus Service.

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