

SZTM WORKSHOP · JULY 14, 2026

What Is an Agent?

Not magic. Not hype.
Just AI that can do things,
not just talk.

What **you** asked

What is an Agent?

Is my data safe?

Will it mess up my files?

Vibe-code a website?

Generate agendas?

Reduce hallucination?

All covered today.

**AI is
unreliable**

Don't use it.

**AI will
replace us**

We're doomed.

**Neither.
Be practical.**

THE WORD "AGENT"



Travel Agent

Books flights. Handles visas.

Plans itineraries.

You say: "I want to go to Tokyo."

They handle every detail.

THE WORD "AGENT"



Agent Smith

Maintains order. Hunts anomalies.

Special permissions and
independent judgment.

SO WHAT IS IT?

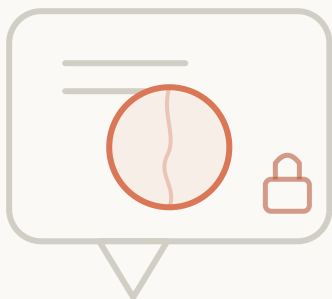
Completes a specific task for you

Has a purpose

Can act on its own

Powered by a large language model

Not a new species.
Just AI that takes action.



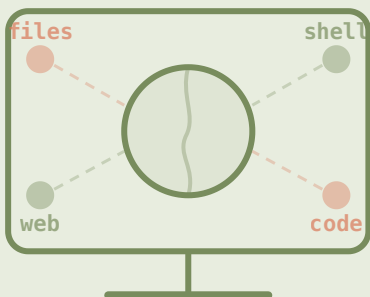
2023

Brain in a Chat Box

Trapped inside a web page.
You ask, it answers. That's all.

Can't see your files.

Can't use your tools.



2025

Brain on Your Computer

Reads files. Writes code. Searches the
web.

Operates the tools on your machine.

From chatting to doing.

You have ideas.
It fills in the
details.

First try not perfect? Adjust it.
Once it works, it's reusable.

Hallucination?

Models stronger. Contexts richer.
But every deliverable goes
through you.

1+2

WeChat Summary + Agenda

First: summarize a WeChat group chat into key points and to-dos.

Then: feed a sign-up list, generate a meeting agenda.

One AI, two tasks, back to back.

3

Build a Website, One Shot

You tell me what you want. AI builds it.

- SEO for "Shenzhen Toastmasters"
- What is Toastmasters? What is SZTM?
- How to visit, how to join
- Archive memories for years to come

What else? Tell me now.

SAFETY & CONTROL

Your data, your rules

- Cloud AI = data passes through external servers
- Run locally, or let your company IT manage it
- It only has the permissions you grant
- For teams: build reusable workflows

Start today.

Automate what you can.

The earlier you start,
the further ahead you get.