KastorLab

2027 CATALOGUE



AI TRAINING FOR COMPANIES · IN PERSON

Get AI adopted across the whole company, team by team.

From strategic vision to monitoring, through to adoption by every team: 100% tailor-made training, with agents built and deployed in your environment.

Tailor-made | 100% in person | Agents deployed in your environment | For every team

The situation

Your teams already use AI. We teach them to master their tools.

Even when used every day, AI is often used by instinct: no method, no framework, no follow-up. The result: risks for your data and your budget.

From instinctive use to professional use

Even if your teams use AI daily, we provide the framework and training so they master their tools and use them professionally.

GOOD PRACTICES
The habits that make results reliable and protect your data.

CONCEPTS
Understand how AI works, what it can do and where its limits are.

HANDS-ON
Use cases and agents built on your tools and your documents.

WITHOUT A FRAMEWORK, VERY REAL RISKS

Tools without a licence

"I use it with my personal account."

Company data circulates in tools nobody has approved.

No monitoring

"Who uses what, and for what?"

Without visibility, it is impossible to secure, steer or measure impact.

Bills that explode

"How much does this actually cost us?"

Scattered subscriptions, duplicate or unused licences: the budget slips.

OUR ANSWER

From shadow AI to controlled AI, adopted by every team.

	TODAY, SHADOW AI	TOMORROW, CONTROLLED ADOPTION
TOOLS	Personal accounts and unapproved tools	Licences chosen and deployed for each profile
VISIBILITY	No view of real usage	Monitoring of usage, costs and risks
BUDGET	Scattered subscriptions, dormant licences	Licences optimised to real needs
PRACTICES	Usage by instinct, everyone on their own	Shared good practices, agents built and deployed in your environment

The offer

Adoption team by team, from vision to every team.

AI is not imposed, it spreads. We support every step, from strategic vision to adoption by every team, adapted to each audience.

1 **Strategic vision**
Define the direction, priorities and governance of AI in the company.
Vision & steering p. 5

2 **Monitoring and licences**
Map usage, optimise the licences to deploy, track costs and risks.
Vision & steering p. 5

3 **Company-wide acculturation**
A common foundation: understand what AI and agents can (and cannot) do.
AI Show p. 6

4 **Adoption by each team**
Each team builds and deploys its own agents, with its tools, in its environment.
Team workshops p. 7
Automation p. 8

AT EVERY STEP

Focus on your tools
In every format: ChatGPT, Claude, Gemini or Copilot.
See p. 9

Risks, limits and sobriety
Hallucinations, bias, costs, environment, regulation.
See p. 10

Follow-up and monitoring
Impact reviews, tracking of usage and costs.
See p. 4

Nothing is applied as is. Each format is adapted to the team, the audience and the use case: a management team and a customer service team do not face the same challenges.

Expert trainers, AI Engineers by training
Coming from the top French engineering schools, our trainers are selected to guarantee the same standard of quality: they answer in-depth technical questions just as well as they keep an audience engaged for hours.

- **AI Engineers** by training
- **Polytechnique, Centrale**: the top engineering schools
- **AI experts only**, selected for their level

The method

Four steps, from need to impact.

Every engagement follows the same logic: understand your context before training, then make sure usage takes hold afterwards.

01

Pre-audit discussions

We map your real usage (shadow AI included), your tools, your licences and your security constraints.

You get: a map of usage

02

Tailor-made design

A programme per audience and per team, built on your tools and your documents, with a licence recommendation.

You get: a tailor-made programme

03

In-person delivery

Live demonstrations, then each team builds its agents on its own use cases, with its tools, in its environment.

You get: deployed agents

04

Follow-up and monitoring

An impact review after the training to track usage, costs and risks, remove blockers and adjust licences.

You get: a review and an action plan

Our teaching in three beats

DEMONSTRATE
We show AI and agents at work, live, on your cases.

BUILD TOGETHER
Each team designs and tests its agent with us.

DEPLOY
The agent goes live, with your tools.

WHAT YOU KEEP AT THE END

Clear concepts
A clear understanding of the concepts behind AI and its challenges.

Good practices shared
Across the company, to use AI in your context.

Working agents
Built by your teams, deployed in your tools.

Optimised licences
A recommendation per profile and per team.

Monitoring in place
Usage, costs and risks under control.

A usage framework
A usage charter and review rules.

Format 01 · Vision & steering

From vision to steering: take back control of AI.

A tailor-made format for those who decide and steer adoption: management, IT, procurement, HR, team leads.

Set the direction
Vision, high-impact use cases and priorities: where AI creates value.

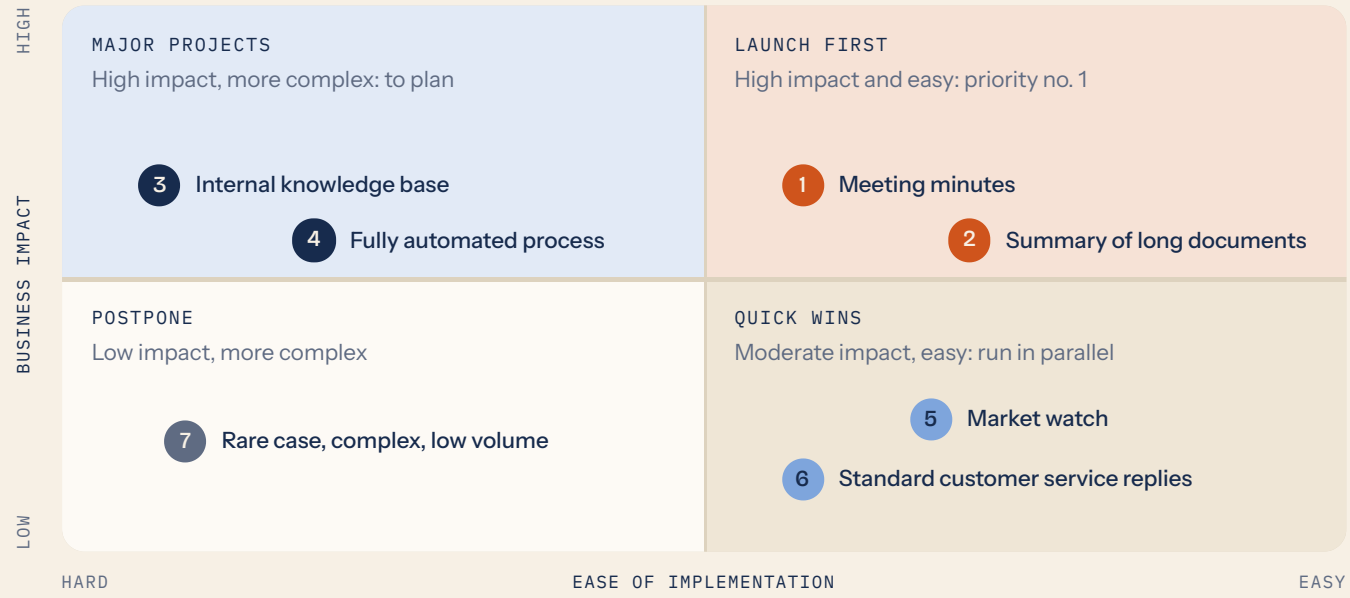
Control licences and costs
Map shadow AI, choose the licences to deploy.

Steer risks
Governance, AI Act, Cloud Act, usage charter, monitoring.

ON THE PROGRAMME

- **Map** real usage, shadow AI included
- **Take stock of** the licences and costs in place
- **Recommend** the licences to deploy, by profile
- **Prioritise** use cases (matrix below)
- **Define** monitoring: usage, costs and risks
- **Frame** compliance: AI Act, Cloud Act, GDPR
- **Write** an AI usage charter
- **Build** the adoption roadmap

PRIORITISE YOUR USE CASES: THE IMPACT / EASE MATRIX



How to read it. The higher a case, the stronger its impact (time saved, quality, value); the further right, the easier it is to implement (data, tools, risks). We launch what is useful and easy first. Illustrative examples: your matrix is built with you, on your real cases.

YOU LEAVE WITH

A view of usage
What is really going on, tool by tool.

Optimised licences
The licences to deploy, so you pay for what is used.

Monitoring and framework
Tracking of usage and costs, a charter.

Format 02 · Acculturation

The AI Show: acculturation that makes people want to practise and adopt.

An immersive in-person session: we give live demonstrations, on your own use cases, with your tools and your documents.

1. **Understand**
   What AI and agents can do, and what they cannot. The key terms, without jargon.
2. **Demonstrations on your use cases**
   We demonstrate agents live on Excel, PowerPoint, PDF, writing and automation, starting from your own use cases.
3. **Mastering your tools**
   ChatGPT, Claude, Gemini, Copilot: what each can do, and what your licences allow, shown on your own tools.
4. **Risks and limits**
   Sensitive data, hallucinations, bias, costs, environmental impact: the right habits, explained simply.
5. **What next?**
   Possible next steps for your teams: team workshops (see p. 7), where each team builds its own agents.

> **We don't just tell you about AI: we show it to you, on your use cases.**

At a glance

WHO FOR
Every team, from management to the business teams

FORMAT
In person, led by us: small team or large audience

TOOLS
ChatGPT, Claude, Gemini, Copilot

DURATION AND PRICE
On quote

Ideal for

- A company seminar
- A kick-off or an annual convention
- The launch of an AI licence
- The first wave of team-by-team adoption

WHAT YOUR TEAMS TAKE AWAY

A common foundation
The same language and the same landmarks for everyone.

Concrete ideas
What AI and agents can do on their own use cases.

Shared rules
What we can do, what we avoid, how we check.

Format 03 · Team workshops

Team workshops: your agents, built and deployed.

Each workshop starts from the team's real use cases. The agents below are only examples of what your teams can build and deploy.

EXAMPLE AGENTS BY TEAM · NON-EXHAUSTIVE LIST

Human resources
- A job description agent
- An application summary agent
- An onboarding agent
- An interview preparation agent

Legal
- A clause review agent
- A contract comparison agent
- An obligations extraction agent
- A briefing note agent

Finance and accounting
- A report summary agent
- An Excel file analysis agent
- A reporting commentary agent
- A variance detection agent

Marketing and communication
- An editorial agent (posts, newsletters)
- An editorial plan agent
- A product storytelling agent
- A competitive watch agent

Sales
- A meeting preparation agent
- An outreach email agent
- A minutes and action items agent
- A per-prospect pitch agent

Operations and procurement
- An offer comparison agent
- A specifications agent
- A procedures agent
- A committee summary agent

Customer service
- A standard replies agent
- A ticket summary agent
- A knowledge base agent
- A verbatim analysis agent

Your team, missing from the list?
We build the workshop from its real use cases: management, IT, production, healthcare, training…

HOW A WORKSHOP RUNS

1 · Pre-audit discussions
The team's tasks, documents, tools and licences.

2 · Choice of agents
High-impact use cases, selected with the team.

3 · Building
The team builds its agents, step by step.

4 · Deployment
The agents go live in your tools.

Format 04 · Automation

From a successful trial to an automated process.

When AI works well once on a process, the logical next step is almost always to automate: gain productivity, make things reliable, and relieve your teams of recurring tasks so they can focus on what they do best: their job.

n8n · make · HANDS-ON IN-PERSON WORKSHOPS, ON YOUR OWN PROCESSES

ITS BENEFITS, AT EVERY SCALE

INDIVIDUAL
Time for the job
Everyone delegates what repeats: sorting, data entry, minutes, reminders.

TEAM
Reliable processes
Same rules, same quality, fewer omissions and re-entries: the team moves at the same pace.

ORGANISATION
Productivity that lasts
Consistent, traceable processes, and a value from AI that endures.

WHAT YOU LEARN

Knowing what to automate
- Spot recurring tasks, with high volume or high value
- Tell what can be automated from what stays human
- Prioritise with the impact / ease matrix (p. 5)

Making a scenario reliable
- Plan for errors, edge cases and recovery
- Place human validation at sensitive steps
- Test, log, receive alerts

ANATOMY OF A RELIABLE SCENARIO

1 · Trigger
An email, a form, a date.

2 · AI step
An agent reads, sorts, extracts, writes.

3 · Control
Rules and human validation.

4 · Action and follow-up
Your tools, alerts, a log.

TWO WAYS TO DEPLOY

Closed loop
Local installation, on your servers, with your IT team. Everything runs in your environment, under your control: sensitive data, security, sovereignty. Example: self-hosted n8n.

Online
A hosted solution: quick start, no infrastructure to manage. Examples: make, n8n Cloud. To start fast, outside sensitive data.

We help you choose according to your data, your IT team and your compliance obligations (see p. 10).

In every format · Your tools

Your agents, in the tools you have chosen.

Whatever the format, we work on your tools, with the features of your licences. If you are hesitating between several solutions, we compare them on your own cases.

Claude

Writing, analysis, agents, code

- **Projects**: one space per team, with its documents and instructions
- **Skills**: reusable know-how that your agents draw on
- **Cowork**: hand complete tasks to an agent
- **MCP**: connect your agents to your internal tools, while keeping control of your data
- **Claude Code**: for technical teams

ChatGPT

A versatile assistant for every trade

- **Custom GPTs**: agents tailored to your processes
- **Projects**: centralise instructions and files by topic
- **Agent mode**: delegate multi-step tasks
- **File analysis**: Excel, PDF, presentations
- **Deep research**: monitoring and sourced summaries

Microsoft Copilot

AI in your Microsoft 365 applications

- **Word and Outlook**: write, rephrase, summarise
- **Excel**: analyse, explain and comment on your data
- **PowerPoint**: build a presentation from your documents
- **Teams**: minutes and action tracking
- **Copilot agents**: depending on your licences, assistants for your teams

Gemini

AI in the Google ecosystem

- **Gems**: custom assistants for your teams
- **Docs and Gmail**: write, summarise, reply faster
- **Sheets**: structure and analyse your spreadsheets
- **Meet**: note-taking and minutes
- **NotebookLM**: query a corpus of documents

Which licence to choose?

It is one of the topics of our pre-audit discussions: we compare the tools on your real cases and help you choose the licences to deploy, by profile, without paying for usage nobody has.

And for technical teams?

A dedicated module for developers and IT: agents, MCP connections, code assistants. For business teams, priority goes to Projects, GPTs and deployed agents.

At the heart of every format

Adopting AI with open eyes: limits, costs and impact.

AI is powerful, but it has limits, a cost and an impact. We cover them openly, in every format, as simple rules of use.

Hallucinations

THE RISK

AI can produce a wrong answer, written with confidence.

HOW TO PROTECT YOURSELF

Proofread and source, keep a human in charge, ground agents on your reference documents.

Bias

THE RISK

Models reflect the biases of their data (recruitment, scoring…) without anyone noticing.

HOW TO PROTECT YOURSELF

Test on varied cases, frame sensitive uses, never delegate a decision to AI.

Data confidentiality

THE RISK

Internal or personal information typed into an unapproved tool.

HOW TO PROTECT YOURSELF

Define allowed data, pseudonymise, work in tools under a company licence.

Compliance

THE RISK

GDPR, AI Act, Cloud Act: obligations, responsibilities and legal risks to know.

HOW TO PROTECT YOURSELF

Identify sensitive uses, choose suitable tools, set a usage charter, document.

Billing

THE RISK

Duplicate licences, scattered subscriptions, unmonitored consumption: the bill climbs fast.

HOW TO PROTECT YOURSELF

Take stock, choose licences by profile, track consumption, set a budget per team.

Environmental impact

THE RISK

Every request uses energy, and the largest models use the most.

HOW TO PROTECT YOURSELF

Pick the right model for the right task, avoid needless uses, share agents.

Regulation: we develop it with you

The laws, their obligations and how to comply with them, on your real usage.

AI ACT

The European AI regulation: risk levels, prohibited or high-risk uses, transparency, and obligations depending on your role.

CLOUD ACT

The US law that can open access to data entrusted to a US provider, even when hosted in Europe: the effect on your tools and contracts.

GETTING COMPLIANT

Map your uses, classify them by risk level, document, set a charter and allocate responsibilities.

Terms

In person, as close as possible to your teams.

Building agents works better together, on your premises, with your tools in front of you. That is why we focus our training on in-person delivery.

Why in person

Build together

An agent is built together: we compare ideas, test and fix as a group.

Unblock live

A trainer as close as possible to each team: blockers are removed on the spot, on your real tools.

Start a momentum

Bringing teams together around AI starts a movement: usage spreads from one team to the next.

The terms

PLACE	On your premises or at your event venue
AUDIENCE	Every team, every level
PREREQUISITES	An AI licence installed, and a computer to practise on (team workshops, automation)
TOOLS	The ones you actually use
DOCUMENTS	Your real documents, chosen with you and according to your rules
GROUPS	From small teams to large organisations, in one or several sessions
FOLLOW-UP	Impact reviews after the training: usage, costs, risks

Duration and price: on quote.

Every project is unique.

The number of participants, sessions and teams, the level of customisation and the chosen pace determine the duration and the budget. After a first conversation, we draw up a detailed quote, adapted to your goals and your schedule.

Closest to you

A seminar, a site, a head office: we come to you, on your premises.

Concrete agents

In workshops, teams leave with agents built on their own use cases.

Follow-up over time

So that usage takes hold and impact can be measured.

FAQ

Your questions, our answers.

What is tailor-made AI training?

A programme adapted to the real work of your teams: their tools, their documents, their use cases. They build and deploy their own agents.

Our teams already use AI every day: what do you bring them?

Framework and method: good practices, key concepts and concrete cases, so they master their tools and use them professionally, with fewer risks and less wasted spending.

What does "adoption team by team" mean?

AI spreads rather than being imposed: strategic vision, monitoring, then deployment team by team, with a format adapted to each audience.

What is shadow AI?

AI usage outside any framework: personal accounts, unapproved tools, no licence or monitoring. Our pre-audit discussions map it.

Can you help us optimise our licences?

Yes. We start from your real usage to recommend the licences to deploy, by profile and by team, and help you track costs.

My team is not technical: can it build agents?

Yes. The approach is 100% business-oriented and jargon-free: everyone builds on their own use cases, supported step by step.

Are the agents really deployed in our environment?

They are built with your tools, in your environment, for the team to use daily, according to your rules.

Which tools do you cover?

The ones you actually use: ChatGPT, Claude, Gemini, Copilot, and n8n or make for automation. A single tool is possible.

What about the confidentiality of our documents?

We work on real documents, chosen with you. The rules are set beforehand: allowed documents, pseudonymisation, environment.

Do you cover the AI Act and the Cloud Act?

Yes: the laws, their obligations and compliance. It informs your decisions without replacing legal advice.

How do we protect ourselves from hallucinations and bias?

You learn what not to delegate, to proofread and validate, and to test on varied cases. The human stays in charge.

What about cost and environmental impact?

We cover both: pick the right model for the right task, avoid needless uses, track consumption and licences.

What are the prerequisites?

An AI licence installed (ChatGPT, Claude, Gemini or Copilot) and a computer for the workshops. No technical level required.

How long? How much?

Both are tailored to your goals, your schedule, and the number of participants and sessions. A quote is offered after a first conversation.

Can you train a small team? A large organisation?

Yes. The format adapts: small group, full team, or several sessions for a large organisation.

Do you only work in person?

Yes, on your premises or at your seminar venue: it is the best way to build agents together.

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LET'S TAKE ACTION

Let's talk about your project.

Tell us which teams you want to bring on board, with which tools and on which use cases. We come back with a tailor-made proposal: programme, duration and quote.

1. **A first conversation**
   To understand your context, your teams, your tools and your goals.

2. **Pre-audit discussions**
   To map your usage, your licences and your priority use cases.

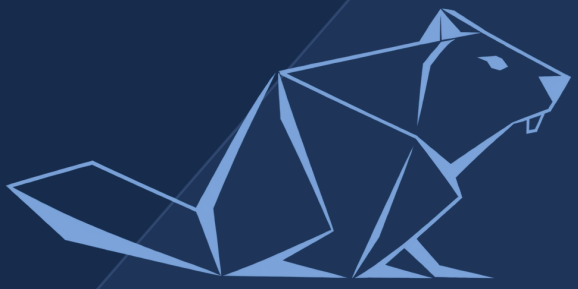
3. **A tailor-made proposal**
   Programme, formats, calendar and quote, adapted to your organisation.

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YOUR CONTACT

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ChatGPT · Claude · Gemini · Copilot · n8n · make · In-person training · Durations and prices: on quote