



## **AI Handouts – How AI Can Help**

Remember, this is all about efficient and effective prompting, so take your time with the prompt and don't hesitate to go back and forth until you are satisfied with the result.

Here are some ideas for you:

### **Content & Education**

- Email nurture sequences (onboarding new clients, re-engagement campaigns). These can then be automated in your favourite CRM or email software.
- Video scripts for YouTube, Reels or TikTok (use a teleprompter such as <https://cueprompter.com/teleprompter.php> after the AI has given you a script)
- Podcast episode outlines and show notes
- Blog posts and SEO articles
- FAQs, quizzes, flashcards and knowledge base content
- Client case studies and testimonials (structuring and writing them up)

### **Client Experience**

- Personalised meal or movement plans based on client intake forms. The more detailed the input form or client info, the easier it is to ask the AI.
- Welcome packs and onboarding documents
- Client progress tracking templates
- Session recap summaries sent after appointments
- Customised affirmations or mindfulness scripts per client goal

### **Business Operations**

- Client intake forms and discovery call question sets
- Proposal and service package writing
- Terms and conditions / cancellation policy drafts
- Invoicing templates and payment reminder messages
- SOPs (standard operating procedures)

## **Marketing & Social**

- Social media captions and content calendars (30 days at a time)
- Bio and "About" page rewrites
- Ad copy variations for testing
- Headline and hook writing for landing pages

## **Sales & Conversion**

- Sales page copy for courses/workshops or retreats
- Follow-up email sequences after discovery calls
- Objection handling scripts
- Testimonial request messages

## **Community & Courses**

- Online course outlines and module breakdowns
- Community challenge ideas and daily prompts
- Membership content planning
- Discussion questions for group programmes

## **Research & Strategy**

- Competitor research summaries
- Niche and audience persona development
- Pricing strategy analysis
- Trend spotting in wellness (summarising industry reports)

Top.Tip: If you want to transform large documents into mind maps, quizzes, summaries, study guides and even podcasts, then try **NotebookLM**  
<https://notebooklm.google.com/>

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