

SEASON 2 / EPISODE 7 / Dawid Naude

Nearly 50. Still allowed to be a beginner.

Dawid Naude and I chat about trying AI without having to know everything first.

WHAT WE GET INTO

Dawid and I talk about AI, the pace of change and where we even start. There's a lot to take in. But what if we started with something we actually want help with, and let ourselves learn as we go?

Five things from our chat.

01 You haven't arrived with nothing.

Reading a room. Knowing people. Solving problems. Dawid talks about the value of the experience we already have. There's more to bring to this than technical skills.

40:02-41:42

02 What do you actually need help with?

Dawid encourages having a go. I talk about asking for a two-week learning plan, with 15 minutes a day. Something manageable to try, instead of everything at once.

41:42-43:44

03 Dinner still needs to get sorted.

I share using what's already in my fridge and pantry to get help with meal planning. An ordinary task can be a good place to find out what a tool can do.

45:28-46:51

04 Let it ask you a few questions first.

Dawid suggests asking for five questions before the answer. That gives the tool a chance to find out about your situation, rather than guess what you need.

55:41-56:00

05 You can just talk it through.

Dawid suggests using voice to explain the task. Add the details, correct yourself, keep talking. You don't have to compose a perfect prompt before you begin.

1:02:42-1:04:43

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Fancy giving something a go?

A few things to try. These are our suggestions, inspired by the chat.

☐ Pick an ordinary thing to try.

A plan, a first draft or something you'd like explained. Choose a task where you can tell whether the answer is useful. Keep private information out of this first experiment.

☐ Give it something to ask about.

Try: "Help me with [task]. Ask me five questions before answering." Then explain your priorities, available time and what it needs to work around.

☐ Check it. Change it. Try again.

Read the answer and check the facts. Does it fit your task? Tell the tool what needs changing. Your judgement still belongs in the process.

ONE THING BEFORE 50 - OR STARTING NOW

Give yourself 15 minutes to be a beginner with something useful. You can learn while you're doing it.

A QUESTION FOR YOU

The task I'd love some help with is...

I'll know it's useful if...

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Jump in at 40:02 for AI in midlife; 1:02:42 for Dawid's practical tips.

Lessons paraphrase the Buzzsprout transcript at the times shown. The exercises, checking step and "before 50" takeaway are editorial suggestions. Tool features change; this guide makes no promise about job security or time saved.

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