TRAINER GUIDE

GROK-WERK

15-minute grid · foundation course

Working document for delivery. Not a lecture script. Each cell is a decision: what happens now, what waits, what is cut when time is short.

Group size	Net time full form	Recommended form
8–14 people. Above that, language correction collapses.	17.5 hours teaching (B0–B8).	3 days of ~6 net hours. Or 2 compressed / 4 evenings.

1. Before the first block

> *Not an oracle. Not a toy. A tool. Who steers the language steers the result. Who checks remains responsible.*

You correct briefs, not people. You do not rescue anyone who will not work. Unchecked output is not “done”. Ideology stays out. Product sales stay out.

Room

- Tables in a U or pairs. Own device each. Wi-Fi that holds.
- Projector for three things only: brief syntax, one live compare, one check protocol.
- Paper already laid: logbook, brief card, check protocol.

How to read the grid

Each row is 15 minutes. Copper-tinted rows may be cut without breaking the block. Green-tinted rows carry the block — do not cut those.

Short 10 minutes: cut the debrief, not the work on the brief. Short 30 minutes: drop one lab round; keep the handbook.

2. Grid B0 – Arrive

Min	Block	Trainer	Group
0–15	**Lead sentence**	Write the sentence on the board. No tour.	Write: If the tool were good, I would use it to ____.
15–30	**Access**	Web, app, plan, limits. Help one-to-one, never as spectacle.	Map the surface. Name, do not judge.
30–45	**Account**	Quiet corner. Second person there is gold.	Log in. First thread started.
45–60	**Task**	Sharpen the sentence: who, deliverable, test.	One sentence, not a theme.
60–75	**Pact**	Read the seven lines. Signature in the pack.	Read. Sign.
75–90	**Logbook**	Three lines only.	What I brought. What I fear. What would count as success.

3. Grid B1 – Think

Min	Block	Trainer	Group
0–15	**What a model does**	Next plausible continuation. Not knowledge, not will.	Own words, one sentence.
15–30	**Three facts**	Convincing can still be wrong. Search helps, does not replace check. Human sets use.	Note one false assumption.
30–45	**Case**	A fluent legal-sounding note with a wrong deadline.	Mark the claim. Do not use yet.
45–60	**Find the crack**	Three short texts, one factual fault.	Name the fault. Name the check.
60–90	**Transfer**	What this means for their job.	One risk they will not outsource.
90–120	**Log + cut line**	Cut the extra case if late (copper).	Logbook: what I used to believe.

4. Grid B2 – Mindset

Min	Block	Trainer	Group
0–15	**Hard questions**	What may get faster? What must not?	Silent writing.
15–30	**Pairs**	No forced confession to the room.	Read one rule to a partner.
30–60	**Seven rules**	Present tense. Observable. No Sunday sentences.	Write seven lines.
60–90	**Pin one**	Which rule starts on Monday.	Circle one. Logbook.

5. Grid B3 – Language

Min	Block	Trainer	Group
0–15	**Syntax**	Aim, setting, measure, material, check.	Copy the five fields.
15–45	**Lab 1**	Same intent, weak wording.	Run it. Keep the output.
45–75	**Lab 2**	Same intent, full syntax.	Run it. Compare.
75–105	**Lab 3**	Same intent, one field changed.	Name what moved.
105–135	**Debrief**	Language as cause, not taste.	One field they will never leave empty.
135–150	**Log**	Three lines.	Which field changed the result.

6. Grids B4–B8 (carry lines)

B4 Grok (150): one work text + check protocol. Keep / change / drop on claims.

B5 Imagine (120): brief before generate. Reference the official mark if a logo is needed. No mystery type in the picture.

B6 Build (120–180): one sentence of purpose. The sentence leads, not the attachment. Working preview or honest “not built”.

B7 Bot (90): a delegable task with a stop rule. No standing agent without a human yes.

B8 Work (120): two-page handbook, show the piece, defend it. Rubric in the room.

Strike list when time is short

- Cut extra cases, not the check protocol.
- Cut a second Imagine run, not the brief.
- Cut Bot live if the plan has no Bot — keep the stop-rule on paper.

The sentence leads, not the attachment.