

Workshop exercises.

The full prompt booklet for the Claude Cowork Workshop.
Download the zips, mount the folders, run the prompts.

WHEN

Wed May 27, 2026

WHERE

CSI Spadina, Toronto

WEB

antfluent.com/ttw

TORONTO TECH WEEK • WORKSHOP RESOURCES

Workshop exercises

Download what you need to follow along on the day. Each section has its own folder, so if you fall behind in one exercise you can still start the next one fresh.

HOW TO USE THIS BOOKLET

Three steps. Same routine every section.

- 01 Download the zip for the section you're about to start.
- 02 Unzip it and mount the folder in Claude Desktop (Cowork mode).
- 03 Run the prompts in order. Stay in the same chat through the exercise.

THE NARRATIVE

One day. One client.

You're Employee #5 at EZ PZ Consulting — a generalist boutique. You inherit a client account, Monttor Constructions, from a colleague who left abruptly. Across the day you wear different hats (SDR, account manager, researcher) and progress the engagement using Claude Cowork.

INSIDE THIS BOOKLET

EX-0	Inherit the Monttor file	15 min
EX-4	Build the memory, trigger compaction	15 min
EX-5	Sharpen the Monttor deliverables (coming soon)	soon

EX-0 • SDR hat • 15 min

Inherit the Monttor file

Marcus, the AE who owned this account, left three days ago. The discovery call with Monttor's CEO and their external safety consultant is in 90 minutes. You have a folder of messy notes and no structure. Make sense of it.

FILES

↓ Monttor-S0.zip 52 KB

4 files • meeting transcript, scratch notes, RFP brief, LinkedIn PDF

Download from antfluent.com/toronto-tech-week/exercises

PROMPTS

TASK 1 • SCAN AND SUMMARIZE • 5 MIN

“I just inherited this folder from a colleague who left. I have a discovery call in 90 minutes. Read everything in this folder and tell me what I'm walking into — who is the client, what do they need, who am I meeting, and what's at stake.”

TASK 2 • CLEAN UP AND ORGANIZE • 10 MIN

“Now reorganize this folder into a clear structure so I can find things during the call. Rename files clearly, group related docs, and put a short README at the top that I can scan in 30 seconds.”

EX-4 • Account manager • 15 min

Build the memory, trigger compaction

Janet just emailed you the full Monttor engagement history — the audit, the safety manual, regulatory references, meeting transcripts, the lot. Onboard ~155K tokens of context, watch compaction fire, then test whether the memory holds.

! Switch to Haiku 4.5 before starting. Heavy reading, light reasoning — the right job for Haiku, and it keeps your Opus quota in reserve for heavier reasoning tasks later in the day.

FILES

↓ Monttor-S4.zip ~220 KB

16 files • audit, safety manual, regulatory refs, meeting transcripts, training register, brand guide

Download from antfluent.com/toronto-tech-week/exercises

PROMPTS

TASK 1 • WRITE A CLAUDE.MD MEMORY • 8 MIN

“Read the HANDOVER.md in this folder and follow its instructions. Then write me a CLAUDE.md for this project that captures everything you'd want to remember about the Monttor engagement — who, what, when, key constraints, open questions. Save it at the root of this folder.”

TASK 2 • TEST THE MEMORY AFTER COMPACTION • 7 MIN

“What was Janet's #1 concern from the April 22nd call, and how does it relate to the OHSA citation in the audit findings?”

EX-5 • Researcher / strategist • ~45 min

Sharpen the Monttor deliverables

Three prompt-engineering techniques applied to the Monttor proposal: metaprompting, few-shot voice, and interview-style. Pack and prompts are still being finalized — they'll land here before the workshop.

PACK AND PROMPTS LAND HERE BEFORE MAY 27

Check antfluent.com/toronto-tech-week/exercises the morning of the workshop for the final pack. We'll walk through the three techniques together in the workshop regardless.

STUCK?

Grab one of the Antfluent team.

Between exercises, ask anyone wearing an Antfluent name tag. After the workshop, write to gabriel@antfluent.com — replies usually within one business day. Latest prompts and downloads live at antfluent.com/toronto-tech-week/exercises.