

Harbor Session: AI Fundamentals

A 90-Minute Executive Session for Legal Firms

Help your firm get oriented
to AI with clarity, realism,
and the right guardrails.



Harbor Session: AI Fundamentals is a live, 90-minute session for law firms and legal organizations that want to get oriented to AI for business use.

This session is ideal for:

- Managing partners
- Executive directors and firm administrators
- Practice group leaders
- Operations and knowledge management leaders
- IT and security stakeholders
- Staff teams beginning to encounter AI in daily work

Built for legal teams that want a smarter starting point, without technical overload.

AI is moving quickly into the legal industry, but many firms are still sorting through hype, risk, and unclear next steps.

Harbor Session: AI Fundamentals gives firm leaders and staff a practical introduction to AI in business, with examples tailored to legal services. The session is designed to build understanding, reduce confusion, and help your team explore AI responsibly.

Why this session?

Legal professionals are hearing about AI everywhere, from drafting support and knowledge retrieval to client service and operational efficiency. At the same time, firms must weigh confidentiality, accuracy, compliance, and data handling very carefully.

This session helps your team understand where AI fits, where caution is needed, and how to begin evaluating options with confidence. Mainstay's AI practice is positioned around safe launch, practical training, and clear guardrails, which makes this offering a natural first step for organizations that want awareness before rollout.

What Your Team Will Gain

- A **plain-language understanding** of what generative AI is, and what it is not
- Clear **perspective** on common misconceptions, limitations, and realistic expectations
- An **introduction** to key business risks, including hallucinations, bias, data exposure, and tool misuse
- A **high-level comparison** of major business AI platforms such as Microsoft Copilot, ChatGPT, Claude, and Gemini
- **Legal-specific examples** that connect AI concepts to real firm workflows and risk considerations
- **Practical guidance** on what usually comes next after an AI awareness session



Agenda

What AI Is, and What It Is Not

- A plain-language introduction to generative AI, including what it does well today, where it struggles, and why unrealistic expectations can create confusion.

Key Risks and Guardrails

- An overview of the issues firms need to understand early, including bias, hallucinations, confidentiality concerns, and the important differences between business-grade AI tools and free or personal AI tools.

Business AI Platforms, High-Level Overview

- A practical look at major platforms used in business environments and how organizations typically compare them based on security, fit, workflow, and governance needs.

Legal-Specific Considerations

- Examples tailored to legal services, including legal workflow use cases, real-world risks, and the kinds of industry concerns that influence platform selection and usage decisions.

Live Demonstrations

- Short, practical demos that show AI in action using realistic business scenarios, with an emphasis on visibility, understanding, and workflow relevance.

What Comes Next

- A discussion of how organizations often move from awareness to action, including readiness for training, pilot initiatives, policy development, and automation opportunities.

Why legal firms choose a guided started point

In legal environments, speed matters. Accuracy matters. Confidentiality matters. AI can support better productivity and stronger internal workflows, but only when adoption is grounded in sound judgment and responsible use.

Firms need more than a general introduction. They need context that reflects legal work, document sensitivity, client trust, and the operational realities of modern practice.

Mainstay already positions its legal services around secure access, research tools, document retrieval, and practice-critical systems, which supports tailoring this session to the concerns law firms face every day.

By the end of the session, your team should be able to:

- Speak more confidently about AI in a business context
- Recognize common risks and unsafe usage patterns
- Understand the difference between consumer AI tools and business platforms
- Identify where AI may be useful inside a legal organization
- Make more informed decisions about training, governance, pilots, or next-step exploration



What's included

- 90-minute live virtual or onsite session
- Legal-industry-tailored content and examples
- High-level platform overview
- Live demonstrations
- Facilitated Q&A
- Flat-fee pricing

Out of Scope

To keep this session approachable and strategic, it does **not** include:

- Prompt engineering or advanced prompting techniques
- Deep technical architecture or system design
- Hands-on build, setup, or configuration work

Part of Mainstay's full **AI & Automation Solutions Suite**



Let's work together! Scan the QR code or email us at ai@mstech.com to get started.

