GO FLOW network

For adaptive, fast and dynamic organizing

HANDS-ON COURSE: BUILDING AI APPLICATIONS WITHOUT CODING EXPERIENCE (4 WEEKS)

FROM IDEA TO LIVE APPLICATION

BUILD IT YOURSELF WITH AI

In collaboration with **truck8.ai**

- **BUILD WITH AI AGENTS**
- **BUILD YOUR OWN PRODUCT**
- **TAKE IT LIVE**
- **LEARN FROM OTHER BUILDERS**

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BUILDING WITH AI: FOR EVERY ROLE

IN PRACTICE

If you have an idea, you can now build it yourself with AI: a tool, an automation or a website. The people who get the most out of this come from every role, not just IT.

How do you get from idea to working result yourself, without waiting for a developer?

WHAT IS ASKED OF YOU

You do not need to know how to code. It does take curiosity, adaptability and the courage to experiment. You practise those skills every week.

Which problem in your work would you like to solve? What would you build if it only took an afternoon?

THE COURSE

Four weeks, each with a two-hour lesson, a two-hour Q&A session with Tom and homework on your own project. You share your work and tips in the community.

Online in a small group, or in-company.

PRACTICAL DETAILS

€1,500 excl. VAT per participant
On request if in-company.
Money back if you attend it all, do the homework and are still not satisfied.



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AI CHANGES WHO CAN BUILD

1 FROM IDEA TO WORKING TOOL

You describe in plain language what you want to build. AI agents such as Claude Code or Codex write the code, and you steer, test and improve.

2 FROM FIRST VERSION TO A BETTER ONE

A first version is ready within an afternoon. You test with users, look at the data and improve. That makes every learning cycle much shorter.

3 FROM PROTOTYPE TO LIVE

You put your application online and understand what happens behind the scenes: servers, databases, front end and back end.

AFTER FOUR WEEKS

You have built your own application and taken it live, you understand how software fits together and you judge new AI tools for yourself, instead of following the hype.

You go from idea to working result on your own, with AI as your building partner. You keep recordings, prompts and examples in your own library.



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THE BUILDER: A NEW PROFILE IN EVERY ROLE

WHAT THIS MEANS FOR YOU

With AI, anyone with a good idea can also build it. The difference no longer lies in programming, but in the skills around it: defining a problem sharply, talking to users, testing and adjusting.

In the course, you practise exactly that with your own project. Each week you go through a full cycle: come up with an idea, build, test and improve.

That way you also train the skills that matter now: staying adaptable, being fearless of change, being curious and always experimenting.

For employers: give people room, a safe environment and the context of your business. Then they will start experimenting on their own.

HOW ANTHROPIC SEES IT

“The people who are most effective are this CEO archetype: you’re able to come up with an idea, you’re able to talk to users, you’re able to look at the data, to build, to iterate and to bring it to the market. And this comes from not just engineers but from all sorts of functions.”

“You need to be adaptable, you need to be fearless of change, you have to be curious, you have to be experimenting. Your learning cycles are vastly accelerated.”

Boris Cherny, head of Claude Code at Anthropic, interview 2026

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THE PROGRAMME: FOUR WEEKS, LESSONS AND Q&A

WEEK 1	**SETTING UP AND FIRST STEPS** You install Claude Code and/or OpenAI Codex, run your first tasks and build something small by the end of the week.	Lesson + Q&A Setup
WEEK 2	**BUILDING WITH AGENTS** How to direct, check and correct an AI agent, plus the basics of software: servers, databases, front end and back end.	Lesson + Q&A Agents
WEEK 3	**BUILD YOUR OWN PRODUCT** With AI, you build something real for your own work: a website, a tool or an automation. Not a demo, but your own idea.	Lesson + Q&A Building
WEEK 4	**GO LIVE AND SHARE** You put your product online, share it in the community, get feedback and hear how Tom builds and launches products himself.	Lesson + Q&A Launch and share

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ABOUT TRUCK8.AI

1 ABOUT TRUCK8.AI

truck8.ai is Tom Mekenkamp's company, based in Oudenbosch. It helps business owners, boards and professionals put AI to work in their daily jobs.

Tom combines his experience in organisational change with building AI systems and training users.

Starting point: use AI to free up room for strategy, creativity and human collaboration.

2 METHODS

AI strategy workshops: boards and leadership teams turn demonstrations and conversations into a strategy and a concrete roadmap.

AI implementation: analysing work processes, setting up AI tools and training users, with ongoing support.

AI agents: systems that process information and carry out multiple steps, directed by the user.

Learning by building: participants build their own application with guidance.

3 GO FLOW AND TRUCK8.AI

The common ground is digital fitness and continuous learning. truck8.ai connects AI with people's skills and the way their work is organised.

That fits the Go Flow idea: technology gains value when people can work, learn and collaborate with it.

Less repetitive work leaves room for attention, creativity and better collaboration. How do people use the time that frees up?

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THE ORGANISATION BEHIND THE COURSE

THE GO FLOW NETWORK

Boundaries that were taken for granted for years are fading. Human and artificial intelligence are merging at a rapid pace, organisations are forming ecosystems, and the public and private sectors are becoming intertwined. As a result, uncertainty is growing.

The Go Flow Network was set up to study this, run by the nonprofit Stichting Go Flow Network and working with Van Haren Publishers and Van Haren Group: a growing network of executives, professionals, researchers, students and organisations exploring how we can organise in a fit, fast and dynamic way in a world where change is the only constant.

Books, articles, practical experience, training courses, conferences, simulations, games and research reinforce each other.

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We look forward to welcoming you

Learn to build with AI agents in four weeks and take your own product live

WHEN

By mutual agreement

LOCATION

Online or in-company