Create a Custom GPT for Your Workshop - 2026 Profitable Virtual Workshop Program

Quick recap

The meeting focused on creating custom GPTs for workshops, with Alina guiding participants through the process. She explained the concept of custom GPTs as specialized AI tools designed for specific tasks, emphasizing their effectiveness in workshops when used appropriately. Participants brainstormed ideas for their GPTs, with topics ranging from identifying relationship patterns to creating vision statements and managing stress triggers. Alina provided detailed instructions on how to structure the GPTs, including the importance of clear instructions and testing. She also addressed technical aspects, such as ensuring the GPTs are secure and accessible only to intended users. The session concluded with participants beginning to create their own GPTs using a provided template, with Alina available to assist with any questions.

Summary

Custom GPTs for Workshop Development

Alina led a workshop on creating custom GPTs for workshop development, explaining that custom GPTs are specialized AI assistants designed for specific tasks rather than general-purpose tools. She emphasized the importance of creating separate GPTs for different aspects of workshop creation (like learning objectives, descriptions, titles) rather than combining everything into one tool, as this prevents cross-pollination of different functions and maintains better quality. When asked about using general ChatGPT versus custom GPTs, Alina explained that while general ChatGPT can learn about an individual's voice and brand over time, custom GPTs offer more specialized functionality and can be integrated into workflows more effectively.

Custom GPT Conversion to AI Agents

Alina explained the benefits of converting custom GPTs into independent AI agents using platforms like MindPal, which allows for password protection and control over access, particularly important for membership sites or paid programs. She clarified the differences between ChatGPT and wrapper services like Chat on AI, advising against using the latter as they offer limited functionality. The group discussed how to use GPTs during workshops, either as

pre-workshop homework assignments or as interactive activities during the session, with Alina providing examples of how these could be implemented. Participants were tasked with choosing either a homework assignment or workshop activity to create a custom GPT for, to practice the process demonstrated.

Custom GPT Workshop Tools Discussion

The group discussed creating custom GPT tools for workshop activities. Alina advised against using GPT to generate content before participants commit to a workshop, suggesting instead to use it as a tool during the workshop or as a homework assignment afterward. Sofia proposed using a "placement story extraction" GPT tool to help high school students brainstorm essay topics by exploring meaningful physical locations, which Alina suggested could be used during the workshop to generate story ideas while maintaining the instructor's leadership role. Andree shared plans for a workshop on deepening intuition, where participants would explore different meditation styles and preferences, with Alina suggesting specific questions to help tailor meditation practices to individual needs.

ChatGPT Integration in Workshops

The group discussed incorporating ChatGPT into workshop activities to enhance participant engagement and personalized experiences. Andree proposed using GPT prompts to help participants find the right meditation practices for their needs, while Chantaine suggested using GPT to help participants create vision statements. Risa focused on using GPT to help identify dominant protection patterns in relationships. Alina provided guidance on programming and testing GPTs, emphasizing the importance of thorough testing before using them with real participants. The discussion also touched on using GPT for various purposes, including helping graduate students find focus for their chapters on human design.

ChatGPT Implementation in Workshops

The group discussed using ChatGPT in workshops, with Alina providing guidance on implementation and constraints. Dr. Lane sought advice on creating a GPT for identifying patterns in stubborn pain, with Alina warning about AI restrictions on medical advice and suggesting ways to work around these limitations. Carolyn explored using ChatGPT to boost confidence and help with personal image in career development workshops, with Alina suggesting approaches including resume-based confidence boosts and color theory exercises. Patricia discussed creating a GPT to help participants explore their financial goals and beliefs, with Alina recommending focusing on money beliefs rather than specific financial planning, and suggesting a structure that includes clear objectives, inputs, and outputs.

GPT Tool Integration Planning

Inbal and Alina discussed integrating a custom GPT tool into Inbal's workshop as a bonus offering, where participants would practice emotional processing techniques after the main workshop session. Alina suggested presenting the tool as an additional value worth $300, with instructions to schedule paid sessions for deeper support. Luiza shared her goal of creating a GPT to help identify stress triggers, which Alina advised could be used at the beginning of workshops rather than as a standalone tool. The session concluded with Alina providing instructions for participants to create their own custom GPT templates using a shared Google Doc, with guidance on how to properly copy and customize the prompts for their specific workshop needs.

Custom GPT Instructions Development Workshop

The meeting focused on creating custom GPT instructions for workshop development. Alina guided participants through the process of using ChatGPT to create structured interview prompts that would help develop professional-grade custom GPT instructions. The group discussed how to properly format their responses in the Google Doc and how to interact with ChatGPT to gather the necessary information for creating the custom instructions. Technical issues with recording and ChatGPT connectivity occurred during the session, though the main process was demonstrated through screen sharing and participant questions.

Custom ChatGPT Prompts Development

The group discussed creating custom ChatGPT prompts for workshop tools. Alina advised keeping GPT instructions focused and conversational, limiting them to one question at a time and avoiding offering additional suggestions beyond the scope. The team reviewed best practices for structuring GPT responses, including including specific pattern identifications and disclaimers about not providing medical or diagnostic advice. Participants worked through creating custom instructions for their specific workshop tools, with Alina providing guidance on formatting descriptions and welcome messages to make the tools more user-friendly.

Custom GPT Workshop Instructions Planning

The team discussed creating custom GPT instructions for workshop purposes, with Alina providing guidance on the process. Key decisions included limiting follow-up questions to two maximum when users have multiple pattern matches, and acknowledging emotionally intense responses while maintaining focus on pattern identification. Sofia shared her progress in refining descriptions and welcome messages, while Risa received clarification on handling sensitive topics by acknowledging them briefly before moving to the next question. The group

also explored options for follow-up with workshop participants, with Alina suggesting direct questions in the chat rather than separate surveys.

ChatGPT Tools and AI Strategies

Dr. Paulette and Alina discussed strategies for creating effective ChatGPT tools, with Alina advising to limit the number of questions asked to prevent the tool from going on too long. They reviewed title and description options for a relationship pattern tool, with Alina suggesting "Relationship Pattern Finder" and providing guidance on crafting user-facing descriptions. Alina then presented an AI Marketing Mastermind program, offering a discounted rate of $1,200 with additional bonuses including training sessions and workshops, which she explained would focus on business applications of AI tools.

Custom GPT Workshop Training

Alina led a workshop on creating custom GPTs for workshop applications, demonstrating the process step-by-step with Sophia as an example. She explained how to generate custom instructions, protect the GPT from being stolen, and make edits to the instructions. The group discussed testing strategies, with Alina recommending testing the GPT with ideal clients, reluctant users, and edge cases. Participants asked questions about accessing and editing their created GPTs, with Alina providing guidance on navigation and modification processes. The session concluded with Alina encouraging participants to share their completed GPTs in the Facebook group for feedback and testing.