

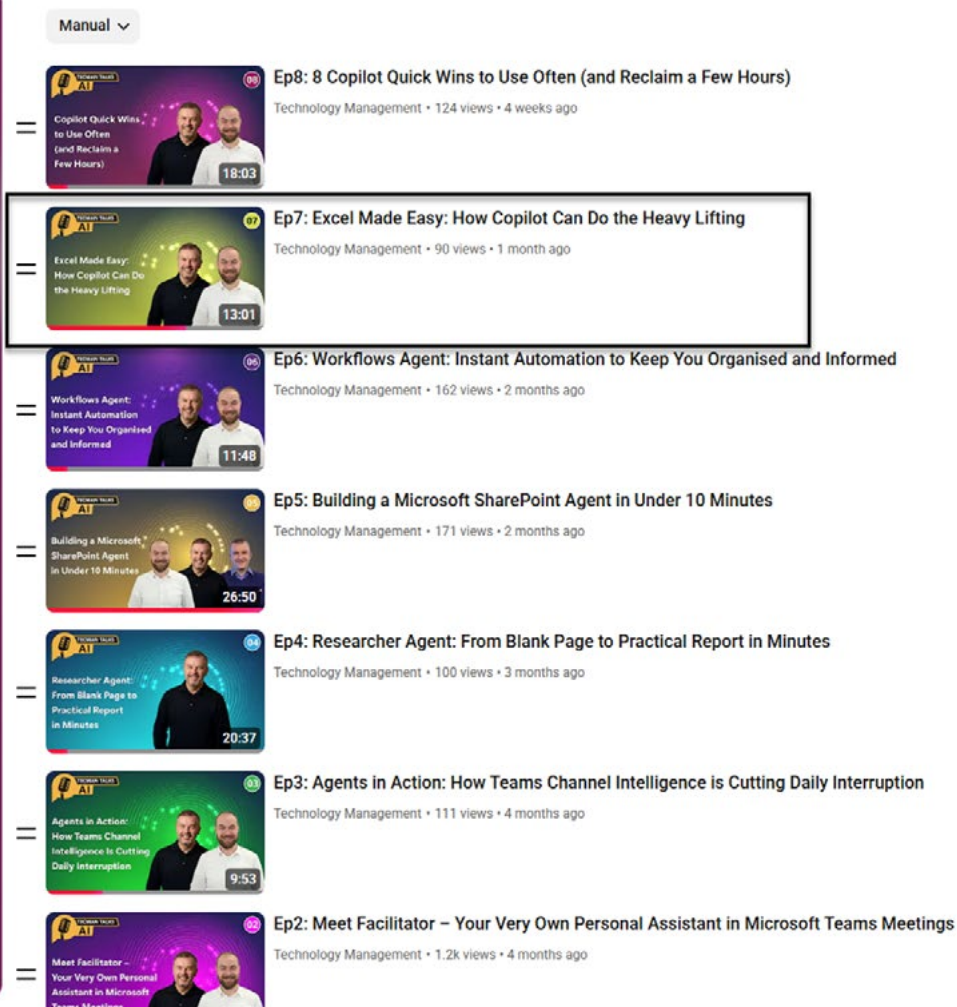
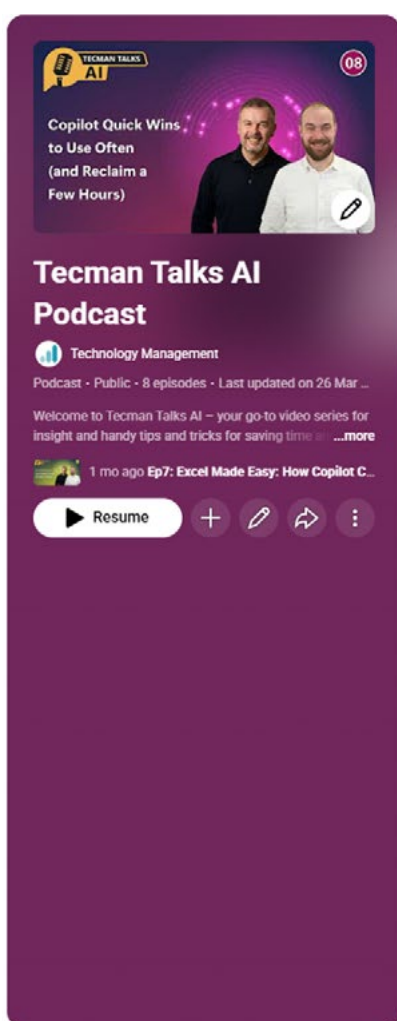
# AI Briefing Sheet

## Q2 2026

### Help without the hype!

Welcome to the second in our series of briefing sheets to share some ideas and resources with our customers. In this edition we have chosen to highlight how Excel can be enhanced by AI, to make you more productive.

**Disclaimer:** We offer these simply as suggestions of resources that we have used and found helpful; Tecman / Technology Management Limited takes no responsibility for any external content. None of the links or resources mentioned are paid promotions, this sheet was put together by our Training Team here at Tecman to simply share some ideas.



### Where next?

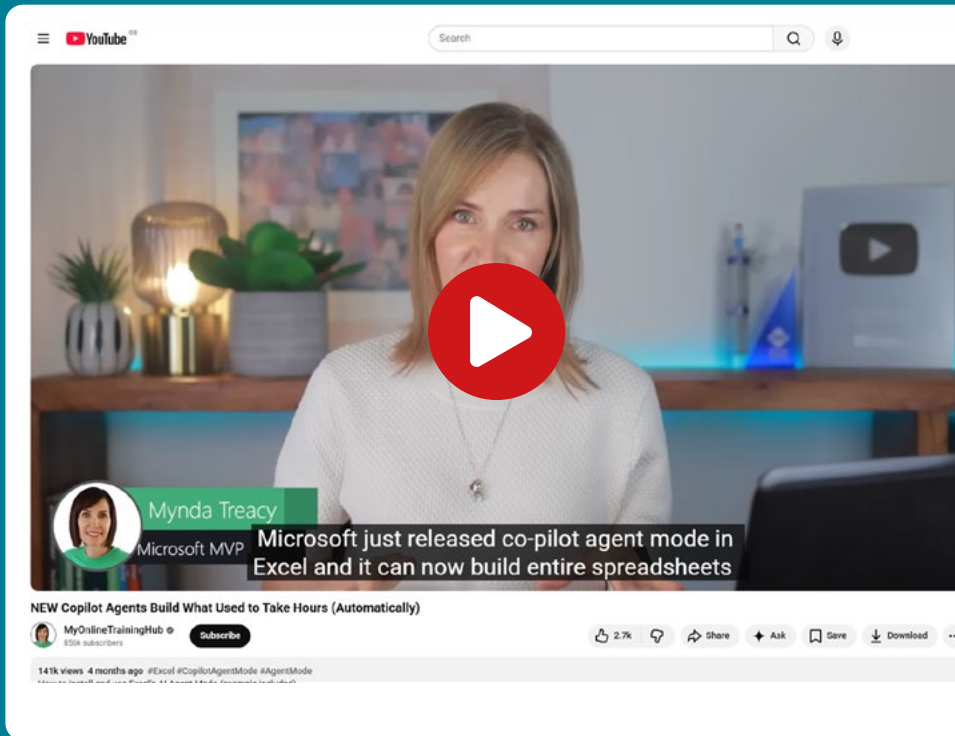
Our podcast continues to grow, it aims to take you through some of the new areas as we explore them, with the level pitched to be not too technical. [🔍 Tecman Talks AI Podcast](#). Here we highlight an episode that discusses how Copilot in Excel can really speed things up, for example creating sample data and allow you to work quickly using natural language.

[🔍 Ep7: Excel Made Easy: How Copilot Can Do The Heavy Lifting](#)

## But we are learning too!

So, we thought we would offer to share a curated set of resources, to help guide you to the people that we watch on YouTube and the Podcasts and Blogs that we pay attention to. We will try to steer things to be as potentially helpful to as many people as possible and not get too nerdy too quickly!

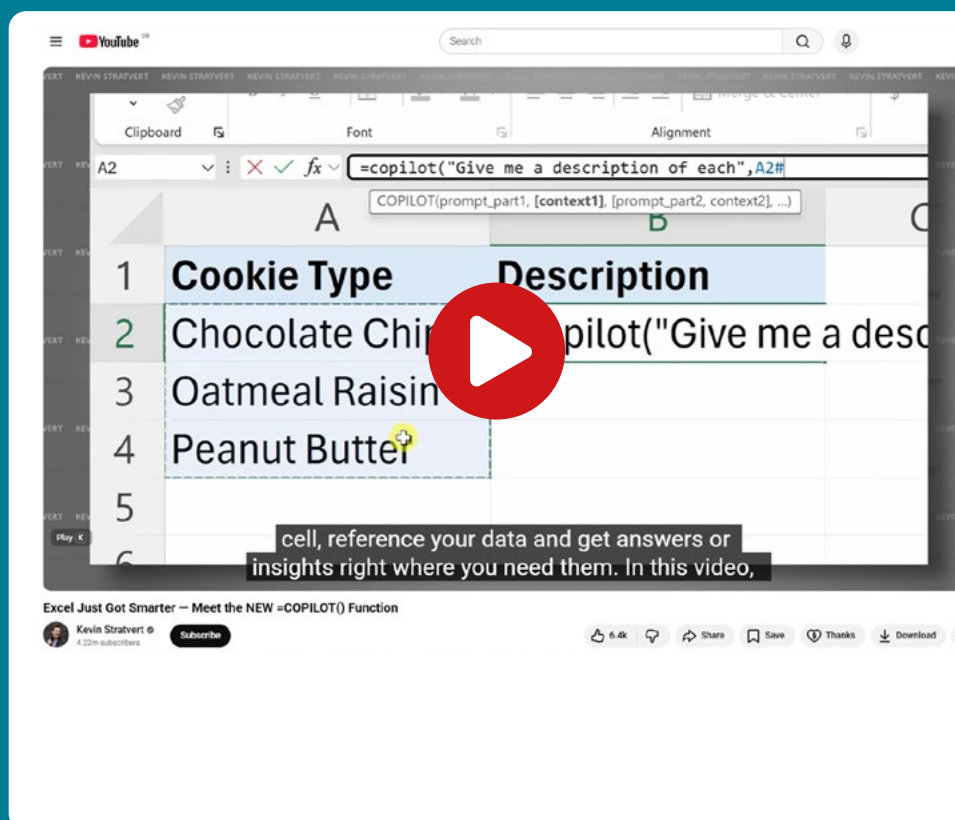
## Really want to Maximise Excel?



**Mynda Treacy** is a Microsoft MVP and has a really strong set of materials on YouTube, her videos are clear and very well produced, taking the same topic as ours mentioned above but with a strong training approach she explores Agent mode in Excel in this video, which is great.

[NEW Copilot Agents Build What Used to Take Hours \(Automatically\)](#)

## And there is something new coming our way in Excel!

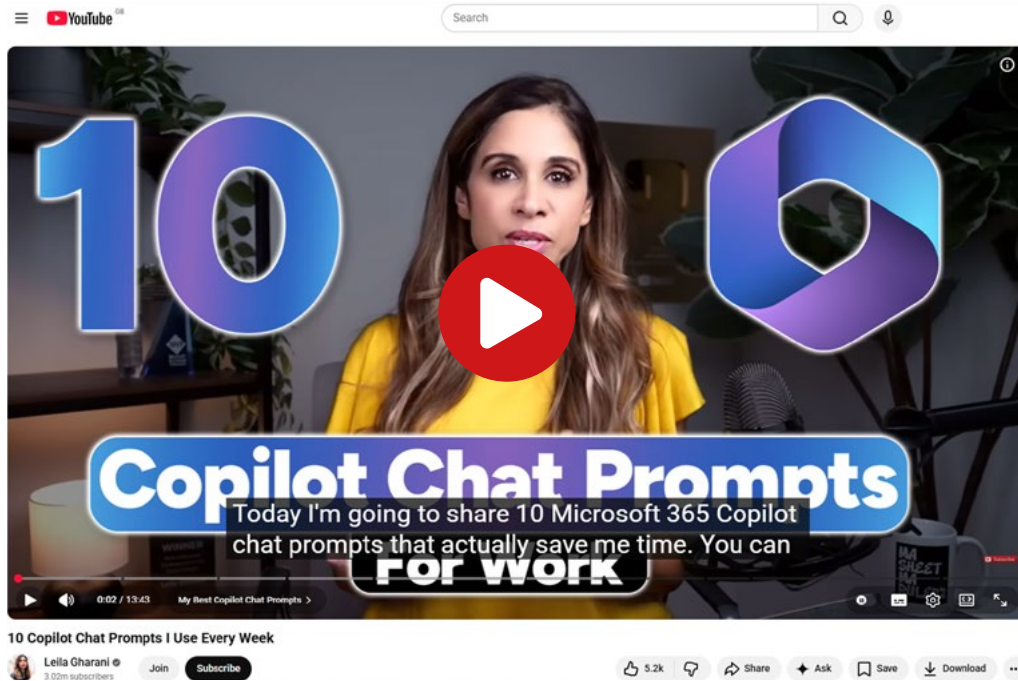


**Kevin Stratvert** has over 4 million subscribers and he does things well, with a strong focus on Microsoft products (he is an ex-Microsoft product manager). Here he explores the new Copilot function in Excel, yes =COPILOT() is a thing! It is currently not yet in general availability it is available as Beta/Insiders but you may be able to turn it on, or just watch this to see what you will be able to do soon

[Excel Just Got Smarter - Meet the NEW =COPILOT\(\) Function](#)

# Ok that's enough with Excel, what else could help me now?

How about 10 chat prompts for Copilot that can genuinely help you catch up on Monday morning after a week off? Well, we recommend **Leila Gharani**, who has 3 million subscribers and a really strong background in reporting, Excel and Power BI. She also covers productivity and Copilot, her video [10 Copilot Chat Prompts I Use Every Week](#) is great and has a free downloadable factsheet. She also offers regular Excel focused newsletters, yes sorry we are back to Excel! She will make you the office guru for Excel and productivity!



A screenshot of a LinkedIn post. The post is from Matt Greaves, CEO and Founder of South West AI Solutions. The post title is "AI Note-Takers in Online Meetings: Helpful Tool or Hidden Data Risk?". The post includes a video thumbnail showing a meeting with an "AI NOTE-TAKER Recording" device on the table. The post is dated February 24, 2026. The post content reads: "AI Note-Takers in Online Meetings: A Sensible, Balanced Approach for UK Organisations". Below the title, it says "AI note-taking tools are becoming a normal part of online meetings and can be genuinely useful - saving time, improving accuracy, and helping teams focus on the conversation rather than frantic note-taking."

## I'm concerned by some issues I have heard about, is anyone offering guidance?

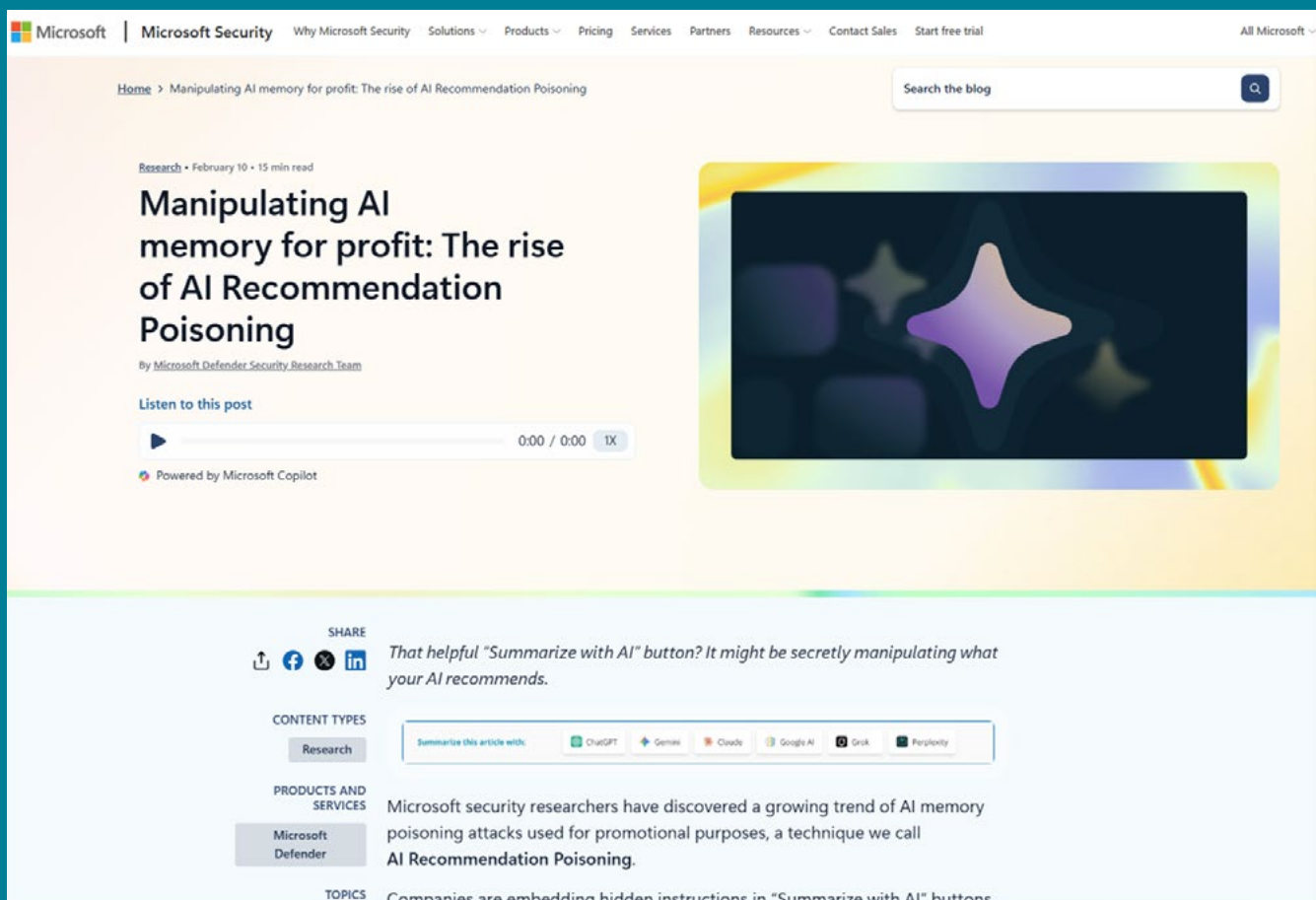
If you are a little sceptical (and that is perfectly fine) or are worried about issues you are hearing about AI there are some good people out there leading the conversation so we can all understand the issues without the tabloid headline drama. One source of information is LinkedIn, here many articles can be found considering the pros and cons of developments in AI.

This example from Matt Greaves [AI Note Takers in meetings: Helpful Tool or Hidden Data Risk?](#) talked about the fact that they could be a loophole and present a data or privacy issue for your business. Have a read, this kind of article will sharpen up your thinking around governance and AI in terms of are your internal policies covering all the required aspects.

[Read now](#)

Finally on the cautionary side of things, if you are using AI tools when searching online then read this article from **Microsoft**. **Manipulating AI memory for profit: The rise of AI Recommendation Poisoning**. It is a bit heavy/technical in places, but the message is clear, be careful and be aware of this new technique, AI recommendation poisoning which involves a malicious attack manipulating AI models, influencing results in future chats.

Hidden instructions (often tucked inside **'Summarise with AI'** buttons) can secretly alter an AI assistant's memory, making it favour certain companies in future recommendations without the user ever realising they've been influenced. Microsoft continues to deploy mitigations against these sorts of attacks in Copilot but it's always best to stay vigilant and be cautious of external content, as you would be with unknown download links.



**Q Read now**

## Get in touch

Please do let us know if you find this sheet helpful, contact your Customer Engagement Manager here at Tecman if you have questions or requests, or if not yet a Tecman customer then get in touch via our website

[www.tecman.co.uk](http://www.tecman.co.uk)

