

Releasing Control to Multiply Value: What Experimenting with AI Taught Me About Transformation



Over the past month, I have immersed myself in formalising my experiments with AI agents. From Google’s Agentic Companion to OpenAI’s practical frameworks and Anthropic’s guidelines on agentic coding, I have explored a variety of perspectives. What these resources have in common is surprisingly clear: they offer structured insight into how to design AI systems with intent.

Across all of them, five themes stood out:

- 1. When to Build an Agent** – Not every use case needs one. But for repetitive decision-making, multi-step planning, or context-based retrieval, the right agent can significantly boost productivity.
- 2. Common Patterns** – Planning-execution loops, tool integration, memory grounding, none of these are new in theory, but in practice, they now mimic expert workflows in increasingly impressive ways.
- 3. Core Components** – Memory, tools, and feedback loops matter far more than a single well-crafted prompt. The real sophistication lies in chaining large language models (LLMs), tools, and checkpoints to create meaningful outcomes.
- 4. Reasoning Patterns** – The more time you give an agent to “think”, the better the results. Techniques like Chain-of-Thought, Self-Ask, and Tree-of-Thought are powerful when embedded in business logic.
- 5. Guardrails and Safety** – Despite the hype, LLMs are not ready out of the box. Without purpose, constraints, and thoughtful evaluation, even the smartest agents can go wildly off track.

But what made all of this real for me was not the reading. It was something else entirely I decided to try as well, **vibe coding**.

Vibe Coding: Letting Go to Create More

“Vibe coding” is a mindset shift. Coming from a structured background in business analysis, programme management, and digital transformation, I have always leaned on frameworks, Gantt charts, traceability matrices, clearly defined workflows. This does not mean that

But when experimenting with CrewAI-based architectures and Vibe coding, I encountered something different: you cannot script every step. Instead, like a well-managed agile programme, you define outcomes, build iteratively, and adjust as you go. You give the system autonomy, within a set of boundaries rooted in strategic intent.

And that changed everything.

I built agents that acted as research analysts, personal assistants, even financial modellers. Each worked towards a clear outcome, not because of hardcoded instructions, but because of designed autonomy and iterative learning.

Done well, vibe coding has real business impact. Minimum viable products (MVPs) can be developed in days. Combined with local LLMs, RAG (Retrieval-Augmented Generation), and synthetic data, proof-of-concept cycles can be dramatically shortened.

Closing Thoughts

We are no longer in a “wait and see” phase. AI is not just a tech trend; it is now a strategic business priority. And success is not about being technical; it is about being intentional.

The key lesson from this journey? **Let go of control. Experiment for outcomes.** Design for value, navigate complexity with curiosity, and never stop learning.

Part 2 coming soon: I will break down the architecture behind one of my AI assistants, how it was built from scratch to deliver measurable business value.

In the meantime, are you already building with AI? Or still evaluating where to begin? I would love to hear your thoughts.

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