

THE PROGRAMME

The Department of One

Three months. One lesson a week. You learn it, then you implement it in your own business that same week, using your Centurion.

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A 90-day programme

Most AI installations stop on the day they are delivered.

A machine arrives. A model is configured. Everybody is pleased for a fortnight.

Then the daily habit never forms. The systems are never connected. The thing that was going to give you your time back becomes another login you do not use.

That is not a technology failure. It is a training failure — and it is entirely predictable.

Which is why this engagement does not end on delivery day. **The three months are the programme.** The instruction is the product.

You finish not with a certificate, but with a business that runs itself.

Three months, and each one has a single job.

01

Setup

Your Centurion is named, wired into your systems and tools, and briefing you every morning. This month decides whether the other two work.

02

Build

It builds the things that give you your time back: delegated workflows, a managed website, software that works, an outreach engine.

03

Operations

The business runs on systems and habits instead of on you remembering things. You move from doing the work to reviewing it.

Month one — Setup

- Identity and voice — what it sounds like, and what it must never sound like
- Its own email account, and the daily briefing
- Your missions and the fifteen-minute daily habit
- Wire it in — your website, your tech stack, your tools

One lesson a week, taught against your business.

Month two — Build

- Delegation and the routine-work stack
- Website management and research
- Software builds — the normal shape of them, and the nerve to ride out the slow part
- The marketing and outreach engine

Month three — Operations

- Business operations — handing over whole areas, not tasks
- Operational efficiency, and the habits that keep it running
- Retention and referrals — your existing customers become the channel
- Mastery — teaching the first week to somebody else

At the end you can deliver the same three months to a friend, a family member, or a client. That is not a bonus — it is the point.

Every week follows the same loop.

Learn

The concept, in plain language, tied to your business rather than to a case study.

Implement

A concrete task you do that week, with your Centurion, in the real business.

Outcome

Something installed and running that was not there on Monday.

Seed

The one-line version of it, which is what you will teach to somebody else later.

Weekly: an hour with me for the lesson. You implement it during the week. Ten minutes at the start of the next lesson on what worked and what did not.

Daily: fifteen minutes. A morning dump, a midday delegation, an evening review. It is built in month one, because the habit is what makes the other two months stick.

What you are holding at the end.

The measure that matters is not lessons completed. It is hours returned per week — and a business that moved without you.

- A Centurion that knows your business, has its own email, and briefs you every morning
- A defined set of missions and a fifteen-minute daily habit that actually holds
- Your website, systems and tools connected — so it can act, not just answer
- Three or more delegated workflows running on command
- One software build started, and an understanding of why the middle of it feels like nothing is happening
- A marketing engine on a cadence, with a pipeline that feeds itself
- One whole area of your business operating without you, with the work reported back
- Your monthly client meeting running, and your first referral properly asked for

You start by paying for the first month.

Three months, one lesson a week, taught against your business. Billed monthly, and the programme ends when the three months do.

€585 a month, for three months

€585 a month

Billed monthly in euros by Adrian Barkus Consulting. You pay the first month to enrol, and we arrange your weekly slot within one working day.

Enrol at adrianbarkus.com/departments-of-one

Not every business needs three months of coaching, and I would rather say so early than take the money. If you would like to talk it through first, book a call and I will tell you whether it fits.

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