

BRYD UD AF DIN ARBEJDSILO



A digital illustration of an abandoned desk and chairs in the foreground, with the desk covered in a layer of dust and a single flickering lamp casting a soft eerie light. On the wall, a large dramatic text in cinematic writing reads "Bryd ud af din arbejdssilo" next to a massive glowing hole that leads to another dimension. The hole is a vibrant swirling portal with fluorescent and flowing colors streaming through it, revealing a modern workspace with lush green trees, futuristic desks and chairs, and natural light filtering in from a nearby window, casting a soft ambient glow on the scene.

runway

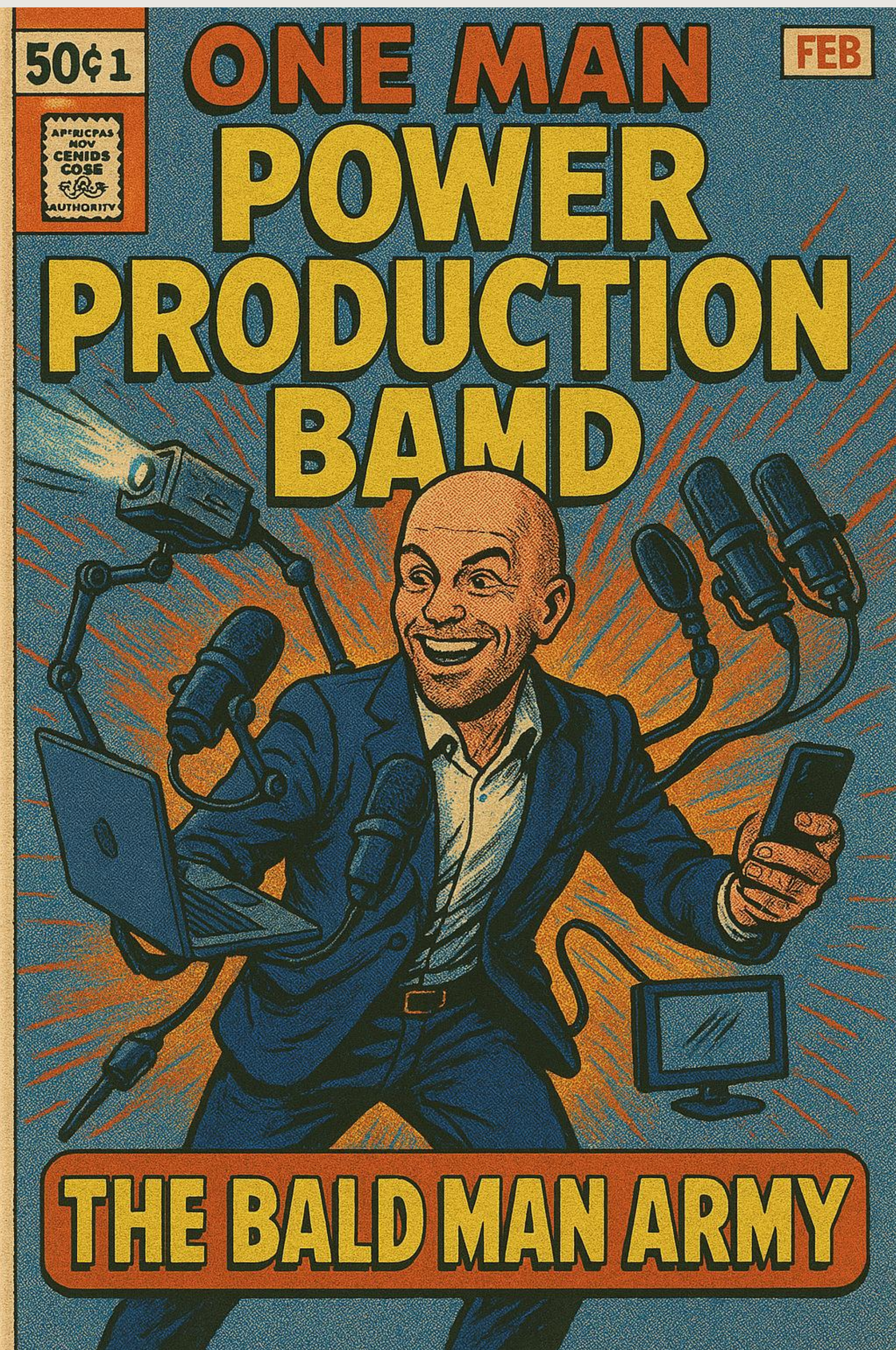
DAVID GULDAGER

Direktør og forfatter

**20 års erfaring med
digital transformation**

**Grundlægger og stifter
af Wibroe, Duckert
& Partners**

Forfatter bag:
- Digital Darwinism
- Future of Business



David Guldager

Journalist, foredragsholder & AI-formidler

*Tidligere vært på Go' morgen DK,
redaktør på TV 2*

*I dag selvstændig journalist og
foredragsholder*

Stifter af Savvy - savvykurser.dk

To podcast:

- AI Mennesker (best practices)*
- AI Revolutionen (Ugentlige nyheder)*

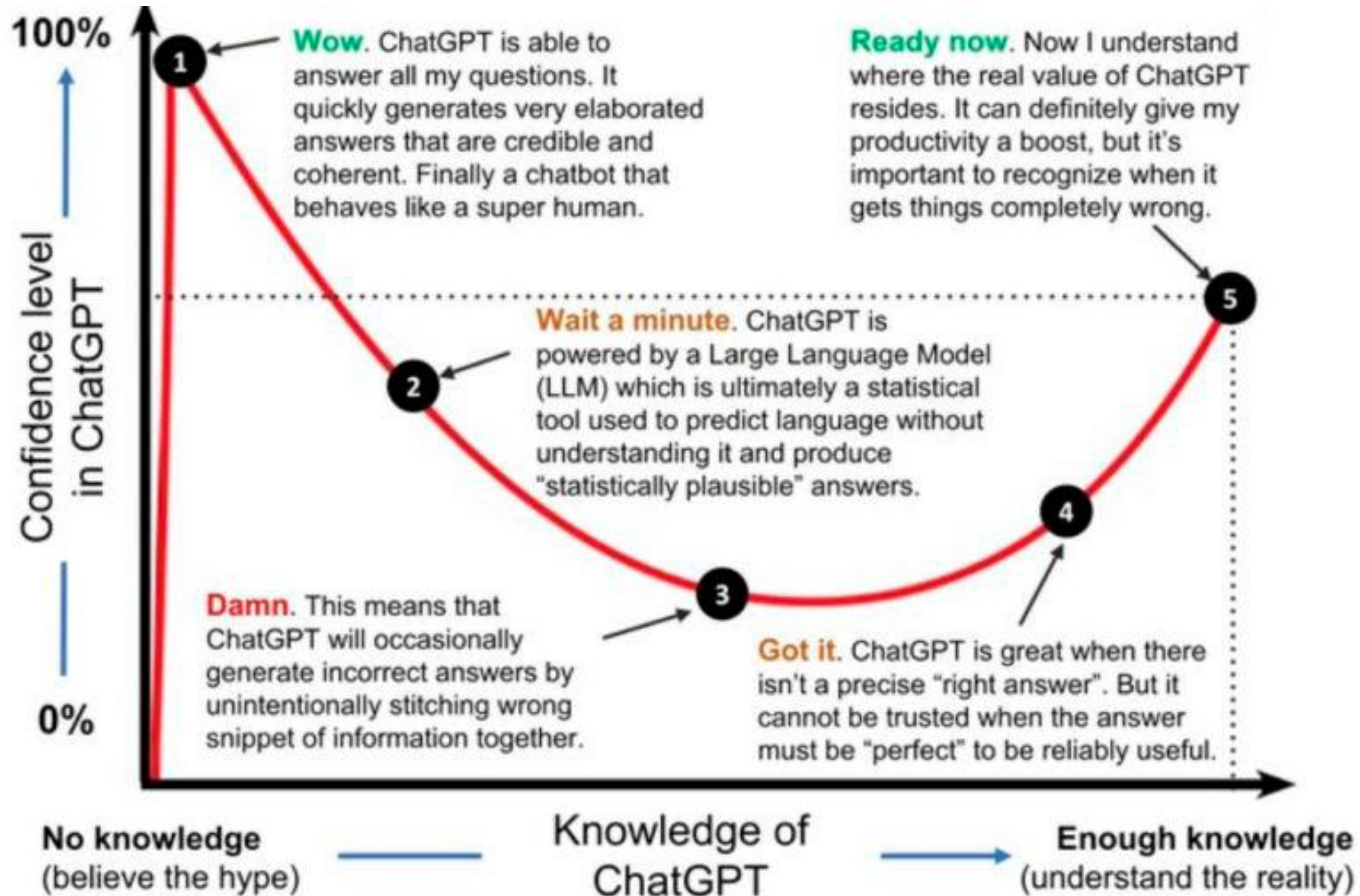


*90'erne har ringet!
Vil gerne have deres æra tilbage*



NYE TJENESTER
- NYE VANER

Dunning-Kruger-effekten



HJERNENS HITS



ChatGPT 5.0 /CoPilot

IQ: >130

5 AI PLETSKUD

1. Mødenoter → To-do-liste

Indsæt mødenoter eller referat → AI laver klare opgaver, deadlines og ansvar.

2. Lang tekst → Kort opsummering

Smid en artikel, rapport eller mailtråd ind → AI giver 5 punkter.

3. Mailhjælp

Lad AI gøre din mail kortere, venligere eller mere professionel.

4. Idégenerator

Bed AI om 5 overskrifter, vinkler eller forslag.

5. Sprog- og tonefix

Få AI til at ændre tonen i en tekst: mere let, mere seriøs eller mere kreativ.



Besked, der
inviterer naboerne
over for at grille



Python-script
til daglige
e-mailrapporter



Oplev Seoul
som en lokal



Design et
sjovt kodningsspil



| Send besked til ChatGPT



ChatGPT kan tage fejl. Vi anbefaler at dobbelttjekke vigtig information.



Give me an analyze of the best buy of an electric car.
Min. 450 km in reach.
Cost is around 500.000 DKK.
It can be both used and new.
No Teslas, Skodas or VW
Difference between leasing and buying
Find the best buy right now



 Deep Research

 Canvas



BIM Forum 2025: AI and Sustainable Construction

Analysedata

Del

Indstillinger

PRO

Kilder

+ Add

Udforsk

Vælg alle kilder

BIM Forum | Program Symetri.dk

BIM Forum | Symetri.dk

BIM Forum | Talere Symetri.dk

BIM Forum | Udstillere Symetri.dk

https://www.youtube.com/watch?v=-uHAIuigc...

Chat

BIM Forum 2025: AI and Sustainable Construction

5 kilder

The provided sources, excerpts from Symetri.dk, are primarily focused on promoting the **BIM Forum 2025** event, which centers on the theme of **AI-driven construction** and the use of artificial intelligence to optimize building processes. The event, scheduled for October 24th, features a detailed **program** including speakers from companies like **Sund & Bælt**, **Henning Larsen**, and **Autodesk**, discussing topics such as AI tools, digital transformation, and sustainable building practices. Furthermore, the text outlines the broader services offered by **Symetri**, including customized **Product Design & PLM**, **Construction & Infrastructure**, and **Sustainability** solutions, along with training courses, highlighting their role as a provider of **IT solutions and support** across multiple countries. The core message emphasizes how leveraging digital tools and AI can lead to **smarter and more sustainable** work in the architecture, engineering, and construction sectors.

Gem i note

Videoversigt

Audiooverblik

Mindmap

Begynd at skrive...

5 kilder

What practical AI applications optimize BIM processes for efficiency and sustainability metrics?

How are industry leaders leveraging AI tools to advance innovative and ethical construction pra

Studie

Nano Banana er nu i videooversigt. [Prøv de nye stilarter!](#)

Lydoverblik

Videoversigt

Mindmap

Rapporter

Huskekort

Quiz

Genererer videooverblik...

Genererer lydoverblik...

Tilføj note

NotebookLM kan være unøjagtig, så du bør dobbelttjekke alle svar.

Google NotebookLM / 2025



NotebookLM

EXPERIMENTAL

NotebookLM gives you a personalized AI,
grounded in the information you trust.



Fremtidens Byggeri

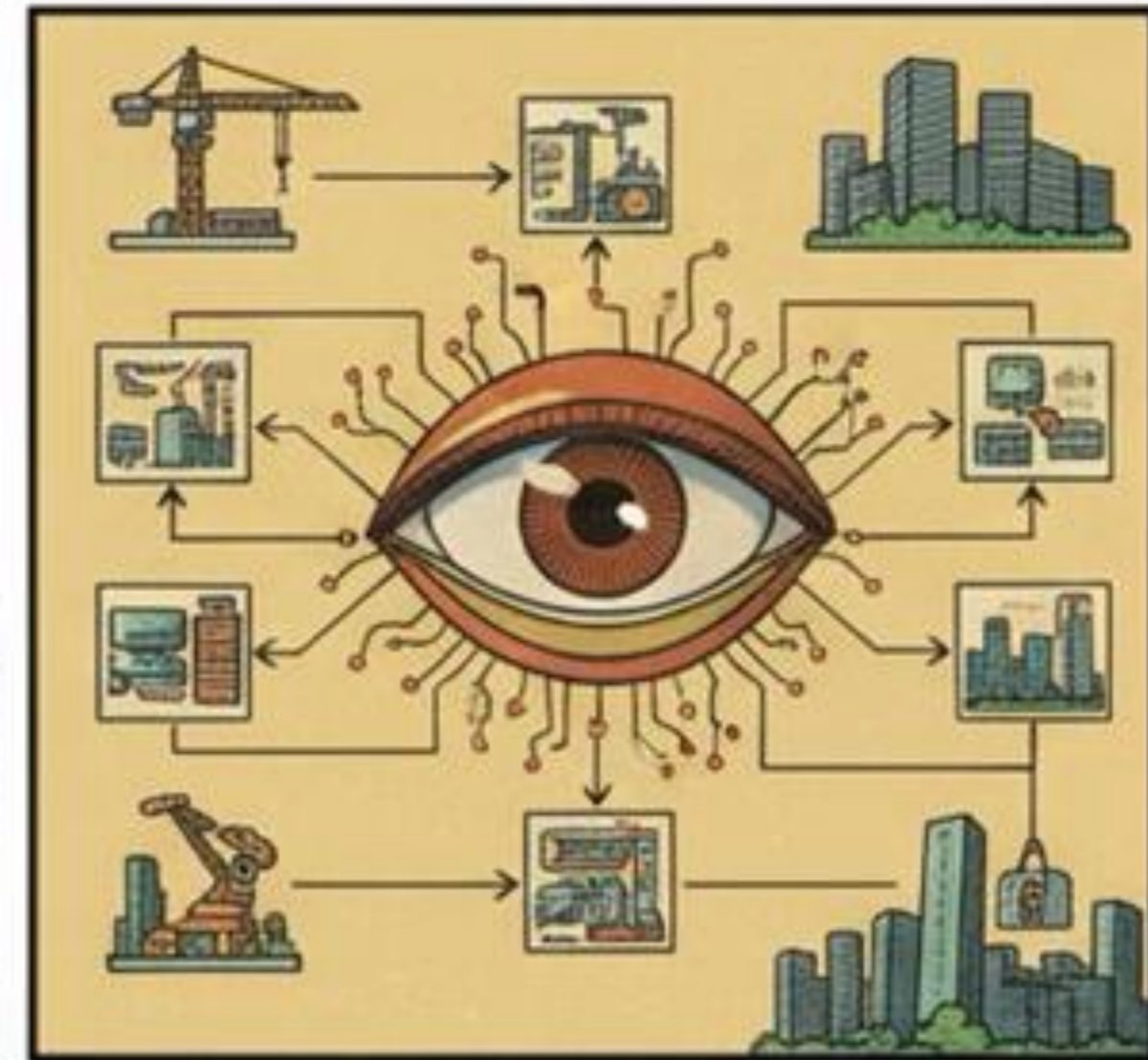
AI REVOLUTIONIZES CONSTRUCTION



SMARTER DESIGN



SUSTAINABLE BUILDINGS



EFFICIENT MANAGEMENT

Service-
on-demand





 Claude

Free plan • [Upgrade](#)

 Good afternoon, David

|How can I help you today?

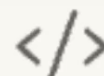


Sonnet 4.5 ▾



 Write

 Learn

 Code

 Life stuff

 Claude's choice

"En skaldet mand danser på gaden"

Billedgeneration



vers. 1
14. marts 2022



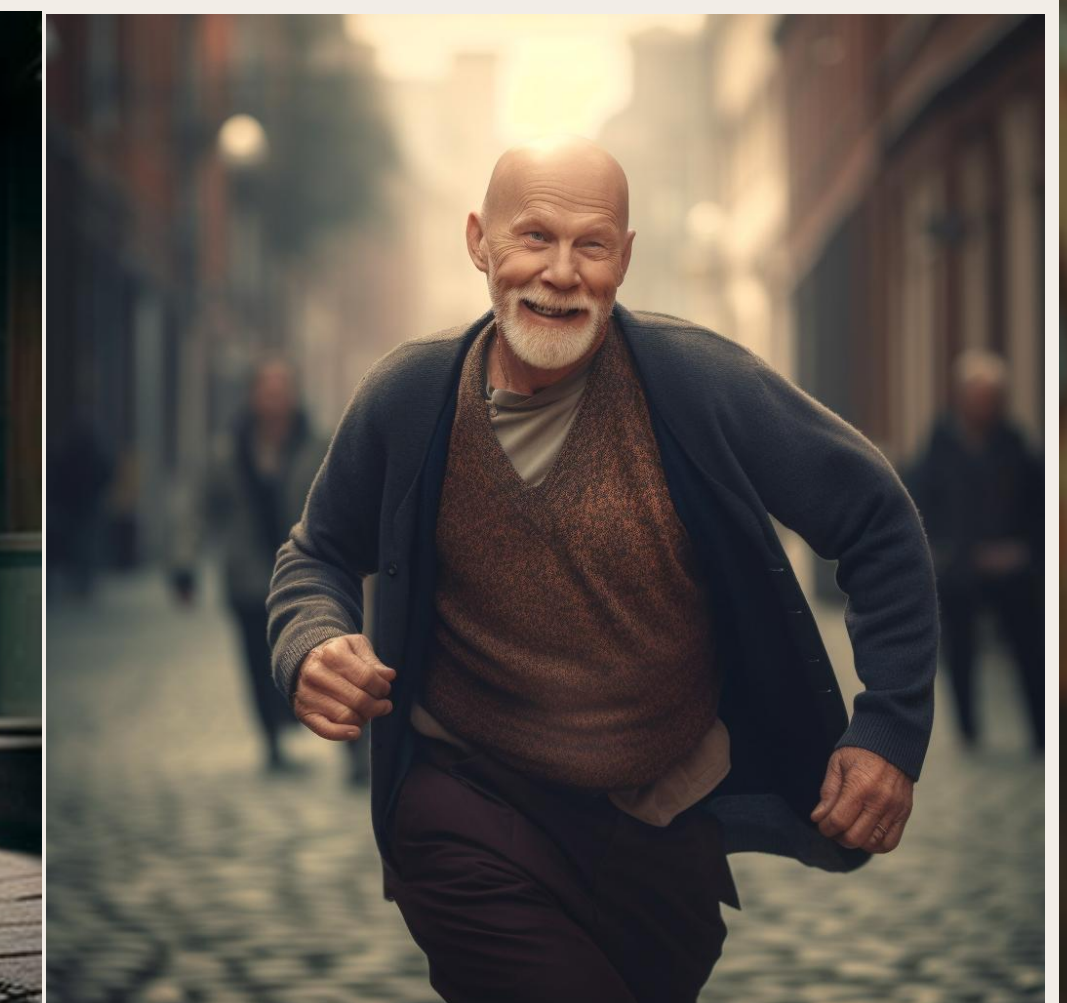
vers. 2
April 2022



vers. 3
Juli 2022



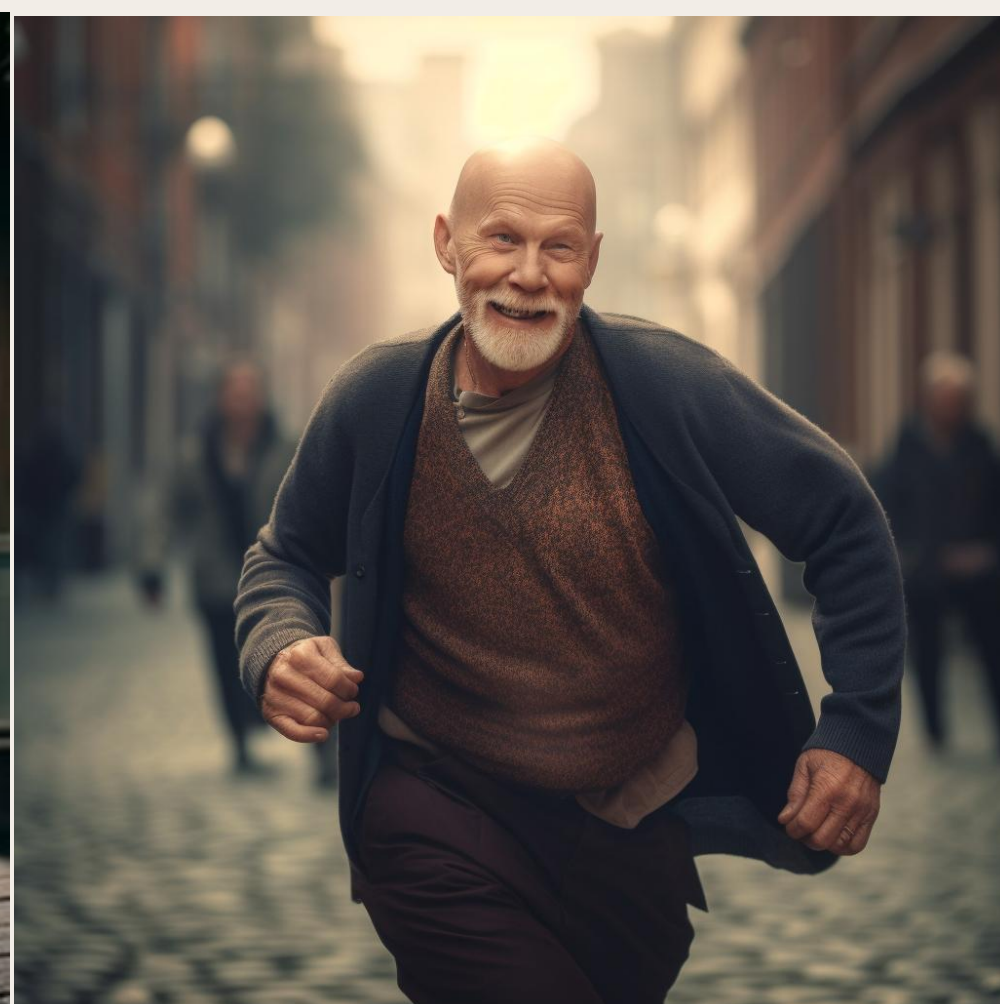
vers. 4
November 2022



vers. 5
16. marts 2023



vers. 4
November 2022



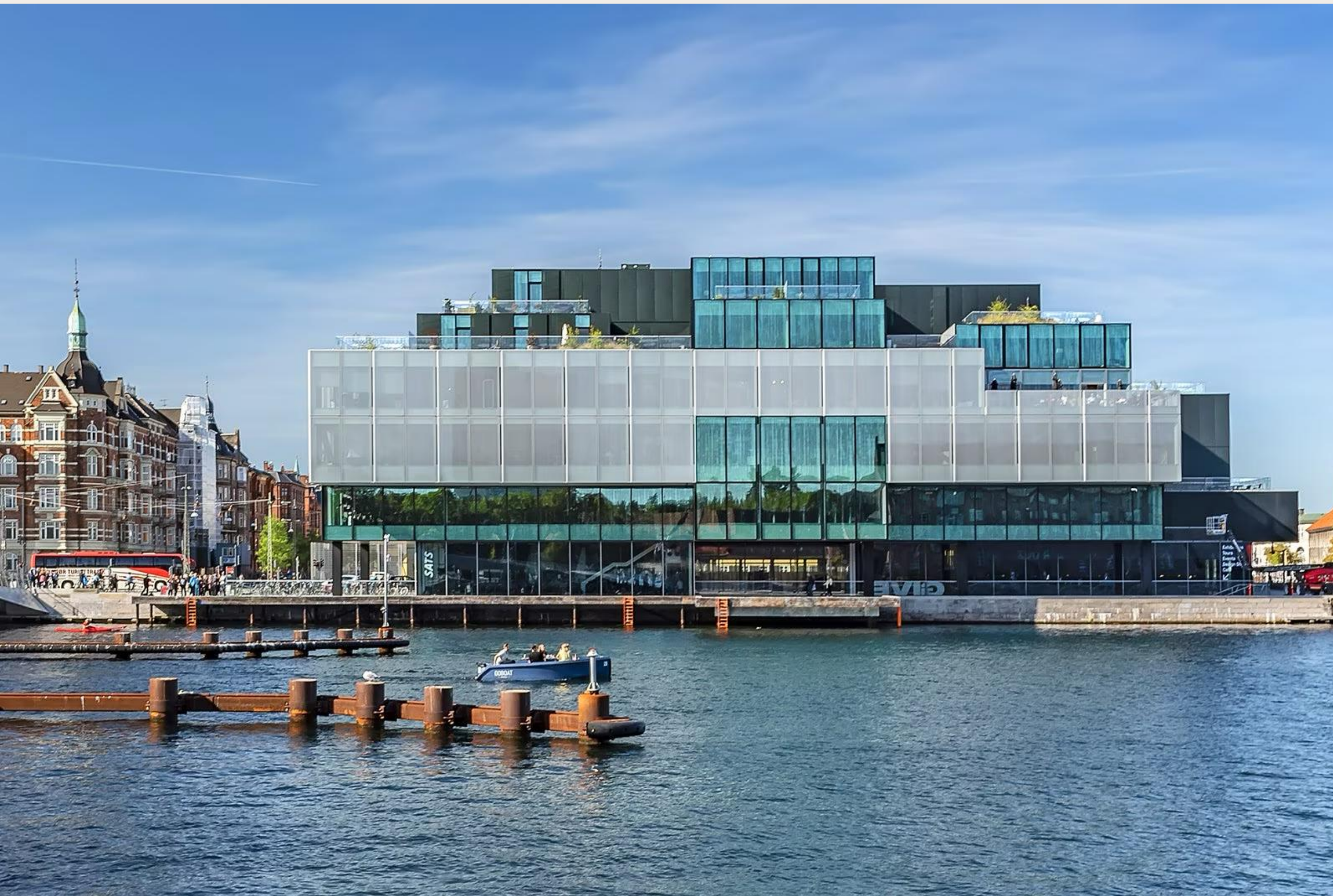
vers. 5
16. marts 2023



vers. 6.1
Juli 2024



Google Gemini / Nano Banana



”Giv denne bygning en aften-belysning”

Google Gemini / Nano Banana



Google Gemini / Nano Banana



”Giv nu samme bygning et tværsnit,
så man kan se hvordan den egentlig er bygget op”

Google Gemini / Nano Banana



”Giv nu samme bygning et tværsnit, så man kan se hvordan den egentlig er bygget op”

NYE VANER
- NYE PROCESSER



Top fastest growing jobs

1	Big data specialists
2	FinTech engineers
3	AI and machine learning specialists
4	Software and applications developers
5	Security management specialists
6	Data warehousing specialists
7	Autonomous and electric vehicle specialists
8	UI and UX designers
9	Light truck or delivery services drivers
10	Internet of things specialists



Top fastest declining jobs

1	Postal service clerks
2	Bank tellers and related clerks
3	Data entry clerks
4	Cashiers and ticket clerks
5	Administrative assistants and executive secretaries
6	Printing and related trades workers
7	Accounting, bookkeeping and payroll clerks
8	Material-recording and stock-keeping clerks
9	Transportation attendants and conductors
10	Door-to-door sales workers, news and street vendors, and related workers

92 mio

nedlagte jobs før 2030

170 mio

nye jobs før 2030

AI agenter

- Rutineopgaver (rapportering, planlægning, dataanalyse)
- Foreslå løsninger (baseret på historiske data og mønstre)
- Opsummere møder, udkast til e-mails, sammenfatte kundefeedback

Mennesker

- Strategisk dømmekraft og prioritering
- Empatisk kommunikation, forhandling og opbygning af tillid
- Kreativ beslutningstagning og innovation

AI understøtter arbejdet – mennesket viser vejen



Demis Hassabis

Google DeepMind CEO, nobelprisvinder

”Huge change is coming, and the most important skill of tomorrow, will be learning how to learn”



Song Description



Lav en sang i bedste gregoriansk munkekors-stil. Den skal handle om BIM og BIM Forum, og at AI er lige ud af landevejen. Husk at AI er for alle!

+ Audio

+ Lyrics

☒ Instrumental

Inspiration

+ epic song

+ ลูกทุ่งอินดี้

+ jazz

+ pop art

+



Create



SUNO

(Dark monk choir humming)

BIM BIM BIM

[Verse]

BIM Forum - lad os komme i gang
Med den her absurd dumme sang
Verden brænder og økonomien står i læk
Men hey - vi rimer lidt, så går det vel væk

[Verse 2]

Det er tid til BIM
Er du helt blind?
Åh sikke jeg kan rime
Bare jeg hed Stine (oh yeah)

[Chorus]

Al er for alle - bare ikke dig, Palle
Det er heldigvis lige ud af landevejen
Som et slag i bolledejen (oh yes)



SUNO

- 1. Gør noget nyt med AI*
- 2. Skab og eksperimentér*
- 3. Bryd ud!*

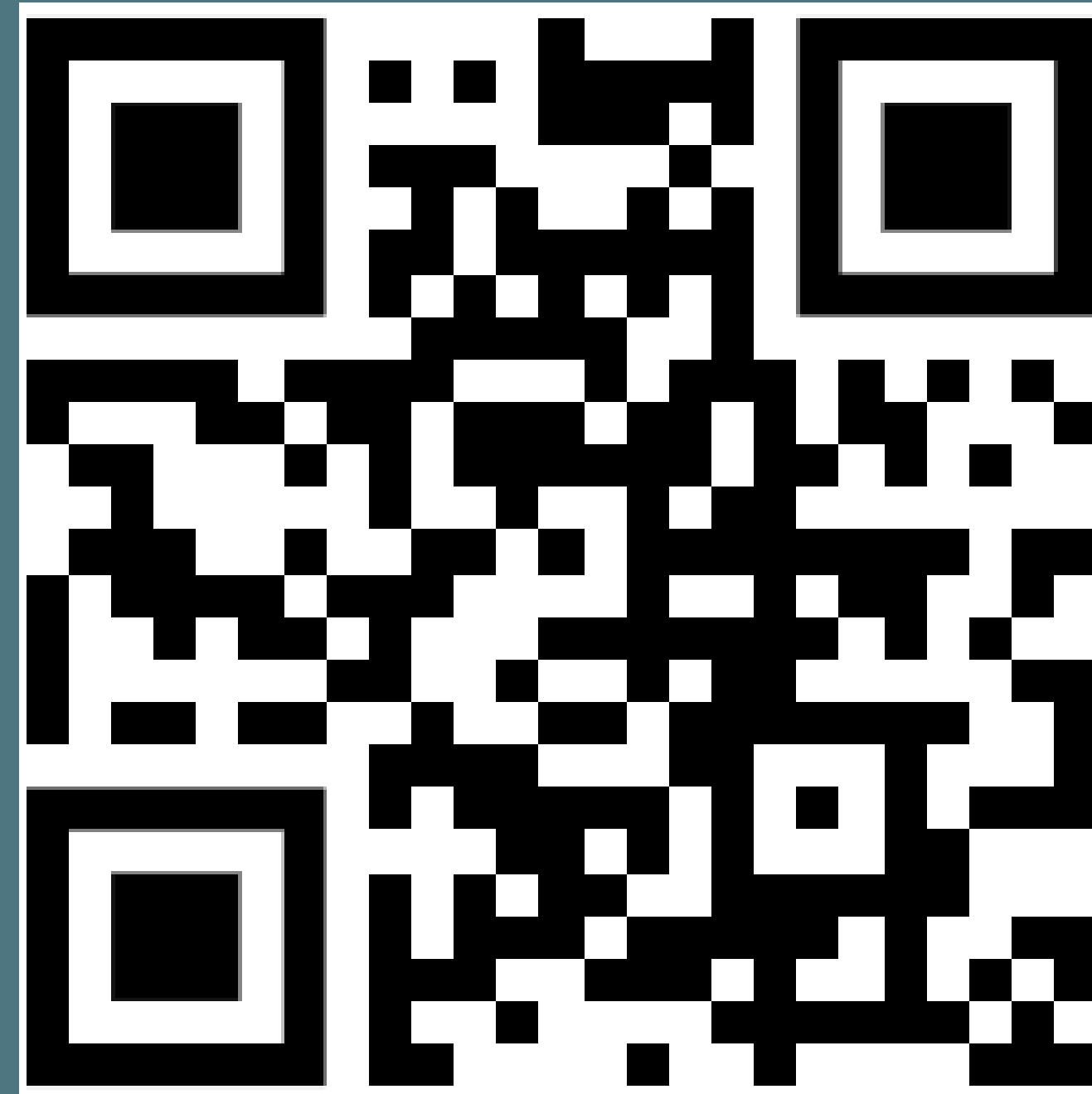


Bryd ud!

Bryd ud



Kurser



Podcast



Oversigt over AI-tjenester: savvykurser.dk/tjenester

mail@davidguldager.dk