

IMHO Reviews Examines Mindvalley?s Upcoming Free AI Summit

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A new article published by IMHO Reviews is drawing attention to the upcoming Mindvalley AI Summit, a three-day online event scheduled for March 20?22, 2026, which organizers say could attract more than 150,000 founders, entrepreneurs, and professionals interested in practical uses of artificial intelligence.

The analysis, written by IMHO Reviews author Vitaliy Lano, examines both the structure of the event and the ideas shared recently by Mindvalley founder Vishen Lakhiani in a message circulated to entrepreneurs and business leaders. In that message, Lakhiani argued that rapid advances in artificial intelligence are already changing how founders structure their work weeks.

According to the article, the discussion began after Lakhiani returned from Barcelona, where he addressed members of EO Barcelona, a chapter of the international Entrepreneurs? Organization. Speaking to approximately one hundred founders, he opened the talk with a statement that immediately challenged conventional work culture.

?Quit working Fridays,? Lakhiani told the audience.

The reaction in the room was mixed. Some founders agreed with the idea immediately, while others remained skeptical. Roughly one-third of the audience stood and committed to testing the concept, which Lakhiani later described as the beginning of what he calls the ?Free Your Friday? movement.

Lano stated that the message resonated because it was not framed as a motivational concept but as a practical experiment based on Lakhiani?s own experience using AI systems.

?He described eliminating nearly ninety percent of routine work by building AI-supported workflows,? Lano explained in the article. ?That claim immediately raises questions about how founders organize their time when automation handles large portions of daily tasks.?

Lakhiani suggested that the shift did not come from the occasional use of chatbots or basic AI tools. Instead, he described building layered systems that combine artificial intelligence with automation to manage research, communication, planning, and content creation.

As these systems expanded, Lakhiani said many routine tasks simply disappeared from his schedule. Meetings were reduced, planning became automated, and writing processes accelerated through AI-assisted drafting and editing.

Lano noted that this example reflects a broader trend among entrepreneurs experimenting with AI productivity tools. ?Many founders initially use AI for small tasks like writing emails or summarizing notes,? he commented. ?The larger changes happen when they begin designing systems around the tools rather than using them occasionally.?

The upcoming Mindvalley AI Summit is expected to expand on those ideas through a structured twelve-hour training program delivered over three days. Organizers say the Summit will focus on practical workflows and decision frameworks rather than theoretical discussions about the future of technology.

Participants will attend live sessions through Zoom and are expected to receive step-by-step demonstrations of how AI can be applied to everyday business activities.

According to information received by IMHO Reviews, the program is built around several core learning objectives. One section will address how entrepreneurs should think about artificial intelligence before selecting specific tools. Another will focus on identifying workflow bottlenecks where automation can reduce or eliminate repetitive tasks. Lano suggested that this approach reflects a growing shift in AI education.

?People often become overwhelmed because thousands of AI tools appear every month,? he wrote. ?Many educators are now focusing on frameworks that help users decide which tools matter and which can be ignored.?

Additional sessions at the summit will examine AI-assisted content creation, digital branding strategies, and the use of automated workflows to support small teams or independent founders. Organizers say participants will also see examples of businesses operating with minimal staff by relying on artificial intelligence systems that perform tasks traditionally handled by larger teams.

?The idea being presented is that a single entrepreneur can operate with the capabilities of a much larger organization,? Lano explained.

The summit will feature several speakers from technology, entrepreneurship, and creative industries.

Lakhiani, who founded Mindvalley and built the company into a global personal development platform, is expected to lead the event and present strategies for integrating AI into branding, storytelling, and digital marketing.

Joining him is Noelle Russell, a technologist and AI strategist known for leading artificial intelligence teams at companies including Microsoft, Amazon, IBM, and Accenture. Russell currently heads the AI Leadership Institute and advises organizations on responsible AI adoption and workplace transformation.

Entrepreneur and author Daniel Priestley will also speak at the summit. Priestley is known for his work on entrepreneurship and personal branding, and has written several books on business growth and influence.

Creative director and music producer Manon Dave is scheduled to present sessions focused on how artists and designers can incorporate AI into creative production. Dave has worked on technology and media projects for companies such as Apple, Disney, and Google.

Another speaker, Vykintas Glodenis, serves as Chief AI Transformation Officer at Mindvalley and has built hundreds of automation systems and AI-driven applications designed to streamline business workflows.

According to IMHO Reviews, the diversity of speakers reflects the expanding reach of artificial intelligence across different industries. ?AI is no longer limited to engineering departments,? Lano commented. ?It now touches marketing, creative work, management, and strategic decision-making.?

The central theme of the summit remains Lakhiani?s argument that AI may ultimately reshape the structure of

the work week itself. Rather than encouraging participants to work faster or increase output, the event focuses on using automation to reduce the number of hours required for routine work.

Lakhiani has suggested that dedicating a portion of Friday to learning AI tools could lead to significant productivity gains within weeks. In his proposed framework, the rest of the day could then be spent on health, relationships, or creative projects outside traditional business responsibilities.

Lano concluded in the article, saying that the idea reflects a broader cultural conversation about technology and time. ?For decades, productivity technology promised to help people do more work,? he wrote. ?The emerging question is whether it can help people work less.?

The Mindvalley AI Summit, scheduled to run from March 20 through March 22, will be streamed online and available to participants worldwide at no cost. Organizers say the event aims to demonstrate how artificial intelligence can be integrated into everyday workflows and how those changes might influence the future structure of professional life.

For more information about the Summit and a special discount on Mindvalley's membership, visit the company's website.

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