



SHE INSPIRES 2026
at New Egypt University



N8N AMBASSADOR, CAIRO

n8n Changes the World.

From asking AI questions to building AI that works for you.

Mina Saad

Data & AI Developer · n8n Ambassador · AI Instructor

INCOMING



FORM



AI AGENT



DONE

Try it before I explain anything.

1

Scan the code

A form opens on your phone

2

Your name, your field, one dream

"What would make you proud in 2030?"

3

Meet yourself in 2030

Your future job title, your day, and what to start this month

Thirty seconds. Nothing to prepare.

BUILT WITH



Phone screen is illustrative. The live form runs on n8n.

n8n.mina-saad.com/form/future-me

Future Me 2030

FIRST NAME

Mariam

YOUR FIELD

Pharmacy

YOUR 2030 DREAM

Lead a team that uses AI to make medicines reach people faster

MARIAM · 2030

Head of AI Pharmacy Operations

YOUR DAY

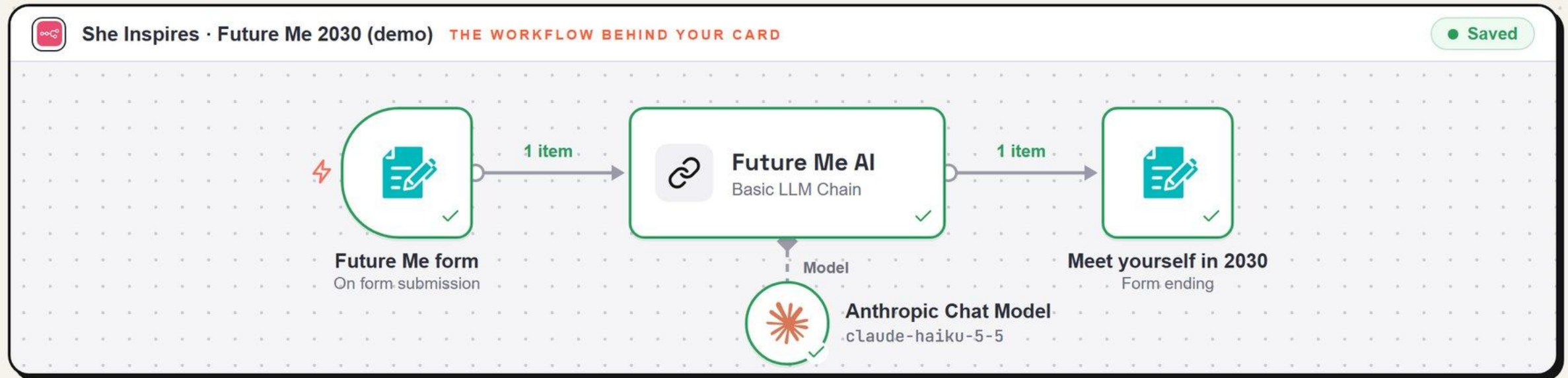
8:00, your agents flag three stock-outs before anyone notices...

FUTURE ME 2030 · LIVE



Built in n8n. Running right now.

That took seconds. **Three systems** talked to make it.



By the end of today you'll understand every box here. **And you'll build this exact workflow yourself.**

Quick show of hands. Be honest.



Who used ChatGPT this week?

Or Gemini, or Claude. Any of them.



Almost everyone.



Who copied its answer somewhere else?

Into an email, a CV, a sheet, a WhatsApp chat.

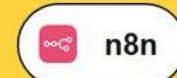


Still almost everyone.



Who has built an automation?

Something that runs without you pressing anything.



That is what changes today.

First, who is talking?



Mina Saad

Data & AI Developer · n8n Ambassador · AI Instructor



SCAN TO CONNECT

mina-saad.com

Templates, workshops
and talks.

10+
YEARS

EACH STEP ADDED A LAYER. NOTHING WAS LEFT BEHIND.





The rooms I ran **this year.**



n8n Cairo Meetup #1
200+ PEOPLE · JUN 2026



n8n Cairo Meetup #2
JUL 2026



Workshop at Route
AUG 2026



Replit Buildathon, Cairo
SEP 2026

200+

people at one n8n
meetup

4

community rooms
in 2026

17

open-source n8n
agent templates

Today, **four parts**. The basics come first.

01

-  LLMs and APIs
-  Keys and credentials
-  JSON and triggers

Basics

How it all talks.

02

-  n8n, the canvas
-  Inbox sorted
-  PDFs into rows

Automate

Workflows and what they already do.

03

-  A form
-  One AI step
-  An answer page

Build

You rebuild Future
Me yourself.

04

-  A goal
-  A toolbelt
-  A loop

Agents

AI that picks its own steps.

PART 01 · BASICS

How it **actually** works.

LLMs, APIs, keys, credentials, JSON and triggers. Six words, then everything clicks.

CHAT

Explain what an API is  notes.pdf

Now in one line

Same thing in Arabic, please

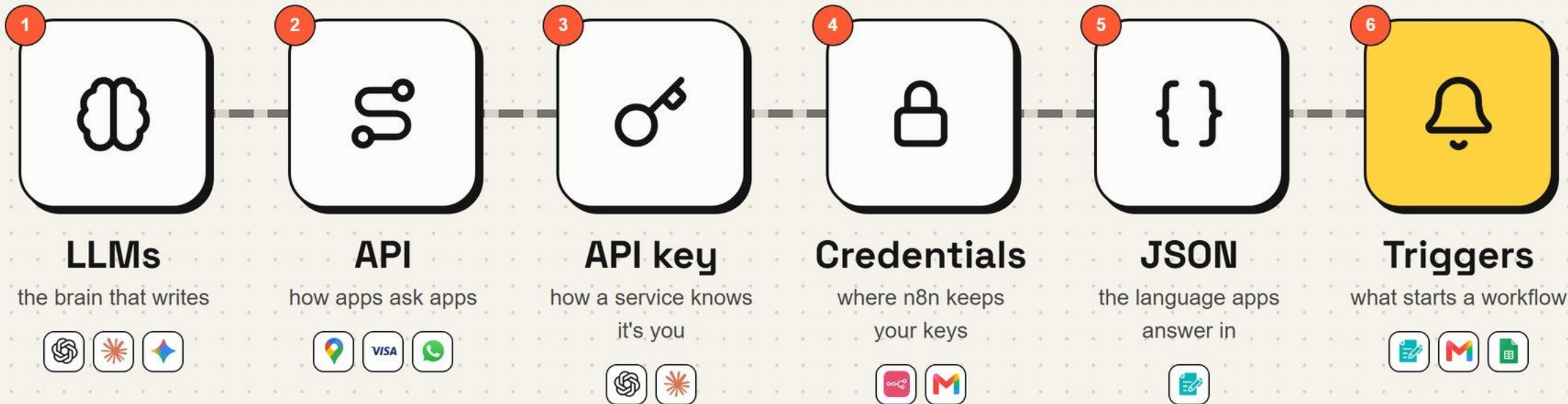
An API is how one app asks another app for something, like a waiter between you and a kitchen.

Apps ordering from each other, through a waiter.

تطبيقات بتطلب من بعضها، عن طريق جرسون.

Ask anything 

Six words. One at a time.



↓ The bar at the bottom shows where we are.

Before ChatGPT, AI did **one narrow job** at a time.



Recommendations

What you watch or buy next



Traffic prediction

When you will arrive



Search ranking

Which result comes first



Spam filters

What you never see



Fraud alerts

Suspicious card payments



Your weekly mix

Songs picked for you

TRADITIONAL AI

**A specialist.
Brilliant at one
thing, blind to
everything else.**

It could pick your next song. It could not write your cover letter.

An LLM predicts the next word. That's the trick.

LLMs

LARGE
LANGUAGE
MODELS

2017

WHERE THEY
COME FROM

"Attention Is All You Need"

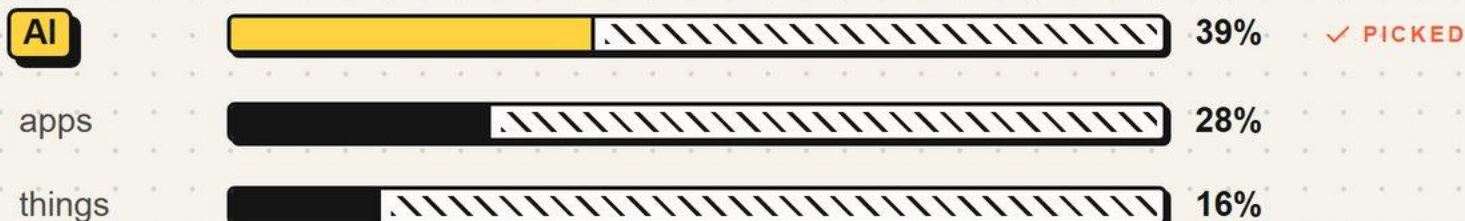
The Google paper that introduced the **Transformer**.

ChatGPT, Claude and Gemini are all **LLMs** built on it.

Your phone's autocomplete, trained on a huge part of the internet.

In 2030 I want to lead a **team** **that** **builds** **AI**

1 SCORE EVERY POSSIBLE NEXT WORD · ILLUSTRATIVE NUMBERS



2 PICK ONE, ADD IT, SCORE AGAIN, PIECE BY PIECE

🔄 Your Future Me card was written exactly like this.

It reads in **tokens**, inside a **context window**.

1 Tokens

The unit an LLM reads, writes and **bills**

YOUR SENTENCE

Write my 2030 profile

CUT INTO TOKENS

Write	my	20	30	profile
8144	922	220	966	5643



LLM predicts the next token, one at a time

TOKENS OUT

Head of AI Pharmacy

Rule of thumb: 100 tokens $\approx$ 75 English words. Arabic usually takes more.

2 Context window

How much it can hold at once



LIMIT

- ☒ ⚙️ Instructions
- ☒ 📄 Your files
- ☐ 💬 The whole chat so far
- ☐ ⚡ The answer

~~Message 1~~

Too long? The oldest part falls out.

Its short-term memory. **Long chat going wrong? Start fresh with a summary.**

Token split and IDs are illustrative. Rule of thumb per OpenAI Help Center, "What are tokens and how to count them".

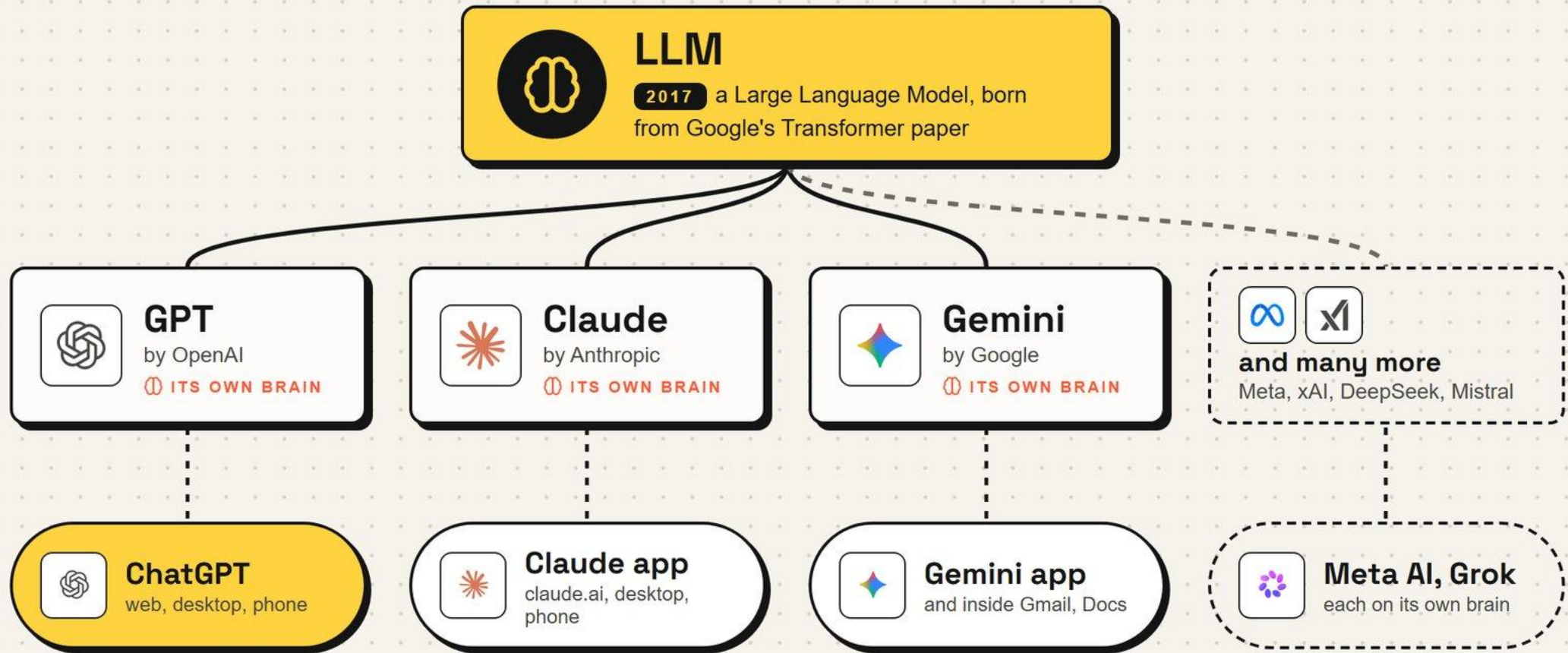
One idea in 2017. Every company built **its own brain**.

THE IDEA

a new kind of AI

EACH COMPANY
built its own
LLM

YOU USE IT
in their own
app



Different brains, from different companies. **Each one lives inside its company's own app.**

Each brain needs to **get paid**. Two ways.



The LLM

Months and millions to train. It has to earn it back.



WAY 1



APP YOU CHAT WITH IT



~\$20 a month, one flat subscription

For people, chatting.

WAY 2



API OTHER APPS PLUG IN

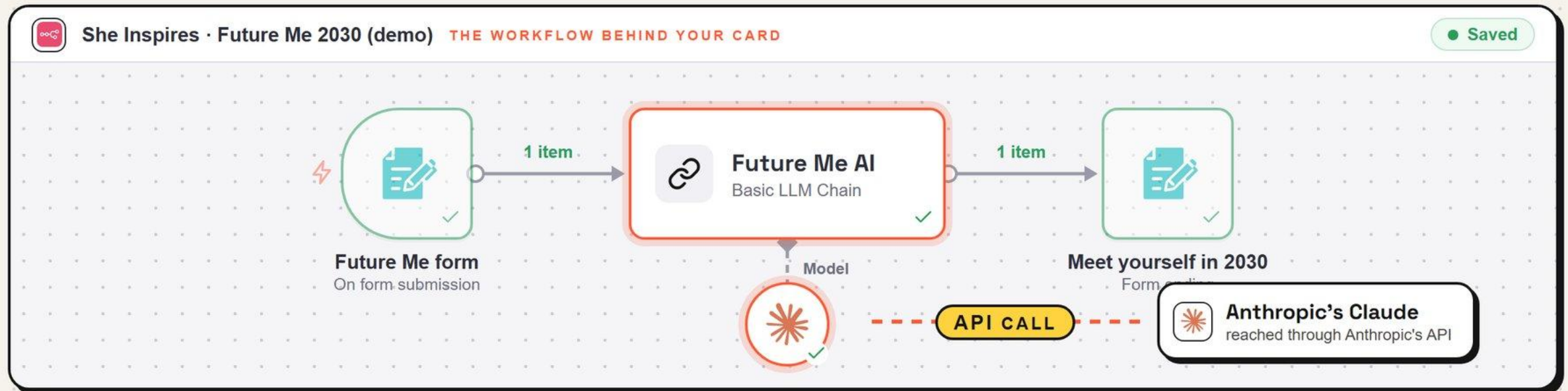


\$0.05 per million tokens in, OpenAI's cheapest model

For apps and workflows. This is what n8n uses.

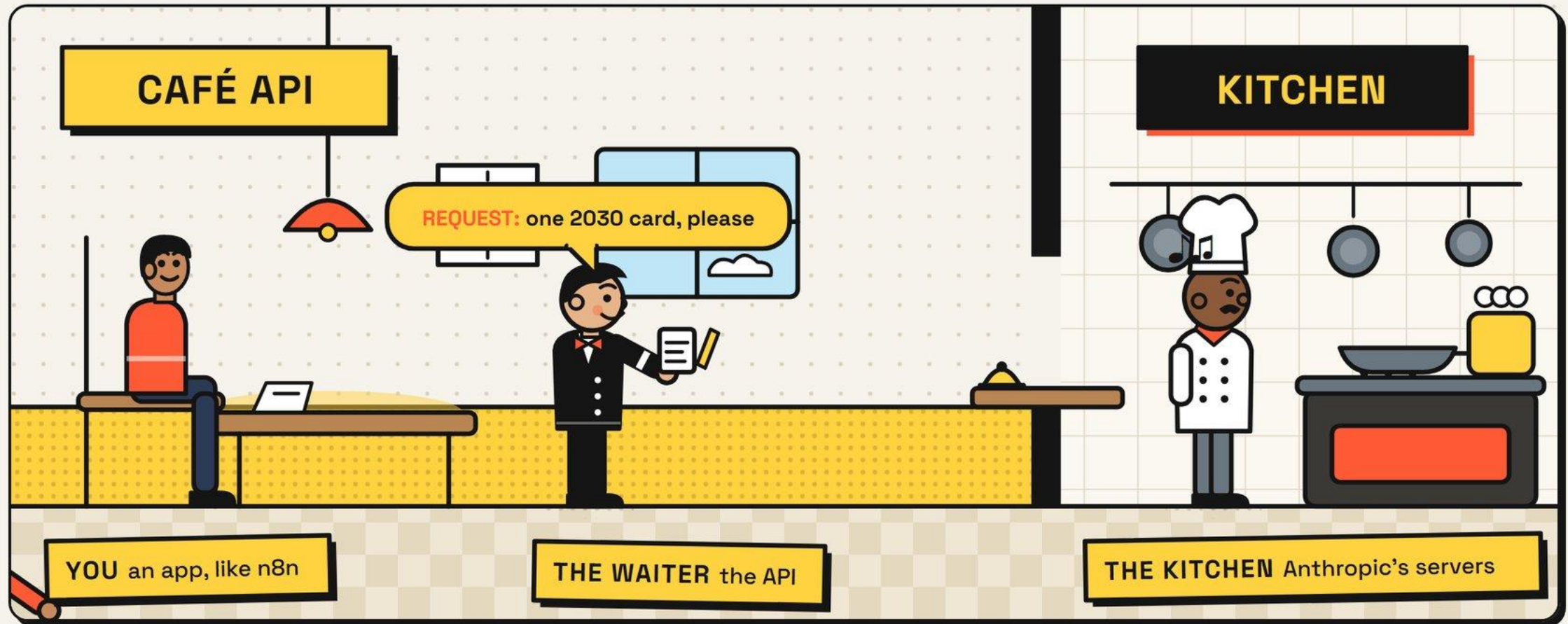
Per 1M tokens, US\$: developers.openai.com/api/docs/pricing (gpt-5-nano input): Claude Pro \$20 a month: claude.com/pricing. Fetched 8 Oct 2026.

Remember the demo? The AI part was an API call.



n8n didn't think. It **asked Claude through an API**, and paid per token.

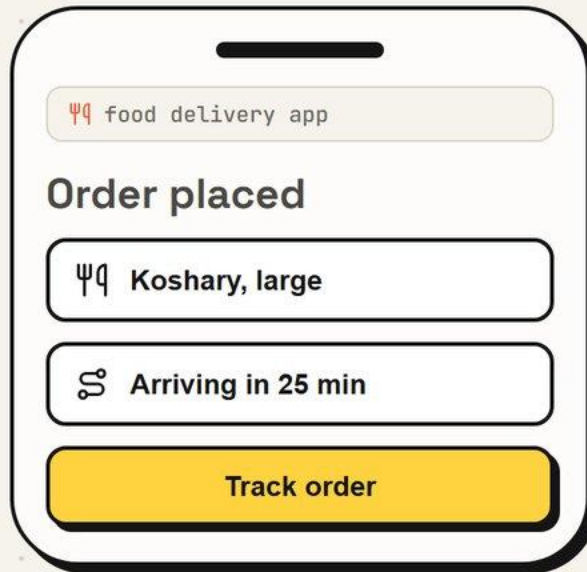
An API is a waiter.



You never walk into the kitchen. You order, and the dish comes back.

Apps talk to each other all day. You never see it.

BEHIND ONE TAP, YOUR APP CALLS OTHER APPS



A maps API

Where are you? How long will the rider take?

GET /directions



A payment API

Charge this card. Approved or declined?

POST /charge



A messaging API

Text the customer: your order is on the way.

POST /messages



An email API

Send the receipt.

POST /send

Illustrative. Real delivery apps use their own mix of providers.

Every order to an API has the same four parts.

```
# an order to Anthropic's API, shortened
1 POST https://api.anthropic.com/v1/messages
2 x-api-key: sk-ant-.....x7Qa
3 content-type: application/json
4 {
  "model": "claude-haiku-5-5",
  "max_tokens": 1024,
  "messages": [{ "role": "user",
    "content": "Write Mariam's 2030 profile.
                  Field: Pharmacy ..." }]
}
```

1 The address and the verb
Where the waiter goes. GET means read, POST means send.

2 The key
Proof of who's ordering, and who pays. More in a minute.

3 The format
"I'm speaking JSON." Every app agrees on it.

4 The body
The actual order: which model, and what to write.

Illustrative request to Anthropic's Messages API, shortened: the real one also sends an anthropic-version header. The key is masked.

Every service asks: is it really you?

 1 · A PERSON

You sign in

You prove it with your account: a password, or "Sign in with Google".

 YOU

 Sign in with Google

Allow

 GMAIL

E. G.  Gmail  Sheets  Drive  Outlook

In n8n you click **Allow** once. Nothing to copy.

 2 · AN APP

It shows an API key

An app proves it with a secret key, sent with every request.

 N8N

 sk-ant-...x7Qa

 ANTHROPIC

E. G.  OpenAI  Claude  Gemini

 Never share it  One key per project  Set a spending limit

The key decides who pays. Treat it like cash.

 In n8n, both get saved once, as **Credentials**.

n8n keeps your keys in **Credentials**. Save once, use everywhere.

Credentials		Overview	Create credential
	OpenAI account used by 3 workflows	API KEY	encrypted
	Gmail account used by 2 workflows	OAUTH2	encrypted
	Google Sheets account used by 4 workflows	OAUTH2	encrypted
	Anthropic account used by Future Me 2030	API KEY	encrypted
	Gateway credits n8n holds the key for you	BUILT IN	managed

SAVE ONCE

Add a key or sign in one time. Every workflow picks it from a list.

STORED ENCRYPTED

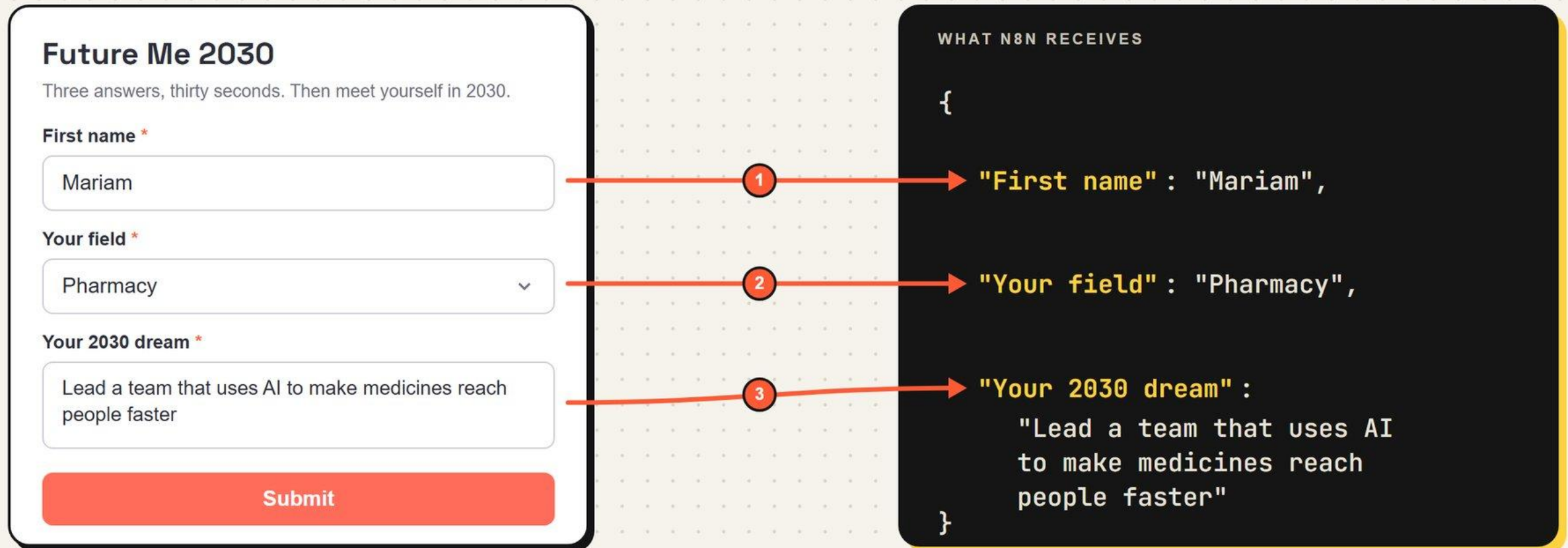
n8n encrypts credentials before saving them. Workflows never show the key.

YOUR FUTURE ME FORM

Its AI step used one too: an Anthropic API key. Yours will use Gateway credits.

Credentials list is a mock. n8n "uses that key to encrypt the credentials before they get saved to the database" (docs.n8n.io, fetched 8 Oct 2026).

JSON: labels and values. Your form, as apps see it.



✦ Every box in n8n hands JSON to the next one. You'll drag these labels into the AI prompt.

It **starts itself**. Four kinds of trigger.



Schedule

A time on the clock

- Every Sunday at 9 PM
- The 1st of every month



App event

Something new appears

- A new email
- A new row in a sheet
- A new file in Drive



Form

Someone fills it in

- Future Me
- An event sign-up



Webhook

Another system rings

- A website order
- A payment confirmed



Nobody presses start. That's the whole difference from a chat.

Now you know the five bricks.



YOUR FUTURE ME FORM, BRICK BY BRICK



n8n is just the table where these bricks sit together.

PART 02 · AUTOMATE

Work that runs itself.

The five bricks, connected, so the work happens without you.

🔄 RUNS ITSELF

✓ A cover letter per job

✓ Weekly study summary

✓ Event sign-up replies

🕒 Internship tracker

🕒 A cover letter per job

🕒 Weekly study s

🕒 Receipts into a sheet

🕒 Meeting minutes

🕒 Sponsor follow-ups

✓ Receipts into a sheet

✓ Meeting minutes

✓ Sponsor follow-ups

✓ Daily news digest

✓ Club attendance list

✓ Certificate emails

🕒 Volunteer reminders

🕒 Daily news digest

🕒 Club attendance list

Most of us still carry AI's output by hand.



AI did one step. **You did the other four.**

Three ways to put AI to work.

The only question: who decides the next step, rules you set, or the AI?

RULES DECIDE

NO AI

AUTOMATION



Step after step, no AI

Your rules decide every step. Same path every run.

e.g. Sunday: email me my deadlines

IN BETWEEN

AI AUTOMATION



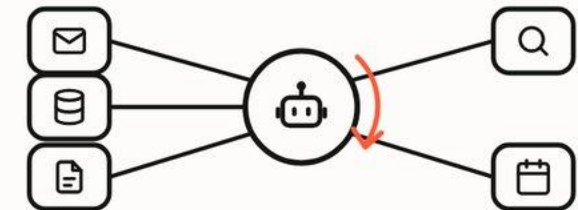
Fixed steps, AI in one of them

AI reads or writes the messy part. Rules do the rest.

e.g. Form in, 2030 card out. **Today.**

AI DECIDES

AI AGENT

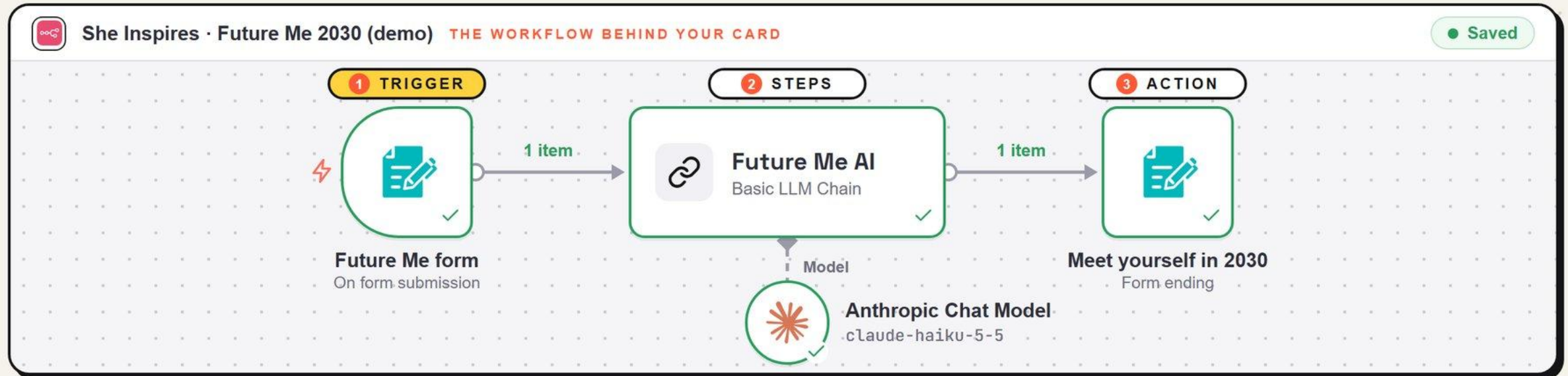


AI decides every step

Picks its tools, loops until the goal is done.

e.g. "Find jobs that fit me"

Every workflow is a trigger, steps and an action.



The form you used: **trigger**, the form is sent. **Steps**, the AI writes. **Action**, your card shows.

n8n: one canvas for automations and agents.

A visual tool. You connect blocks, you don't write code.



SIMILAR TOOLS



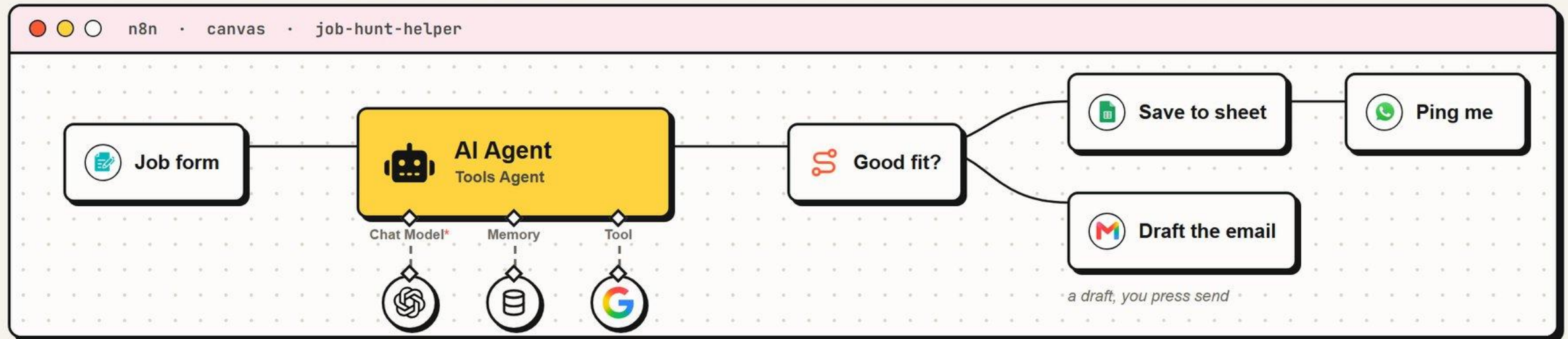
Zapier



Make



Power Automate



500+
integrations



Any model
OpenAI, Claude, Gemini,
open models



200k+
community members



No code
drag, connect, run

n8n.io homepage: "over 500 integrations" and "200k+ community members"; fetched 10 Oct 2026. Canvas is an illustrative mock.

Every box in n8n is an API call with a credential.

WHAT YOU SEE IN N8N

 **Send a message**
Gmail Execute step

Parameters Settings

Credential to connect with
Gmail account ▼

To
mariam@example.com

Subject
Your Future Me card

WHAT N8N SENDS BEHIND IT

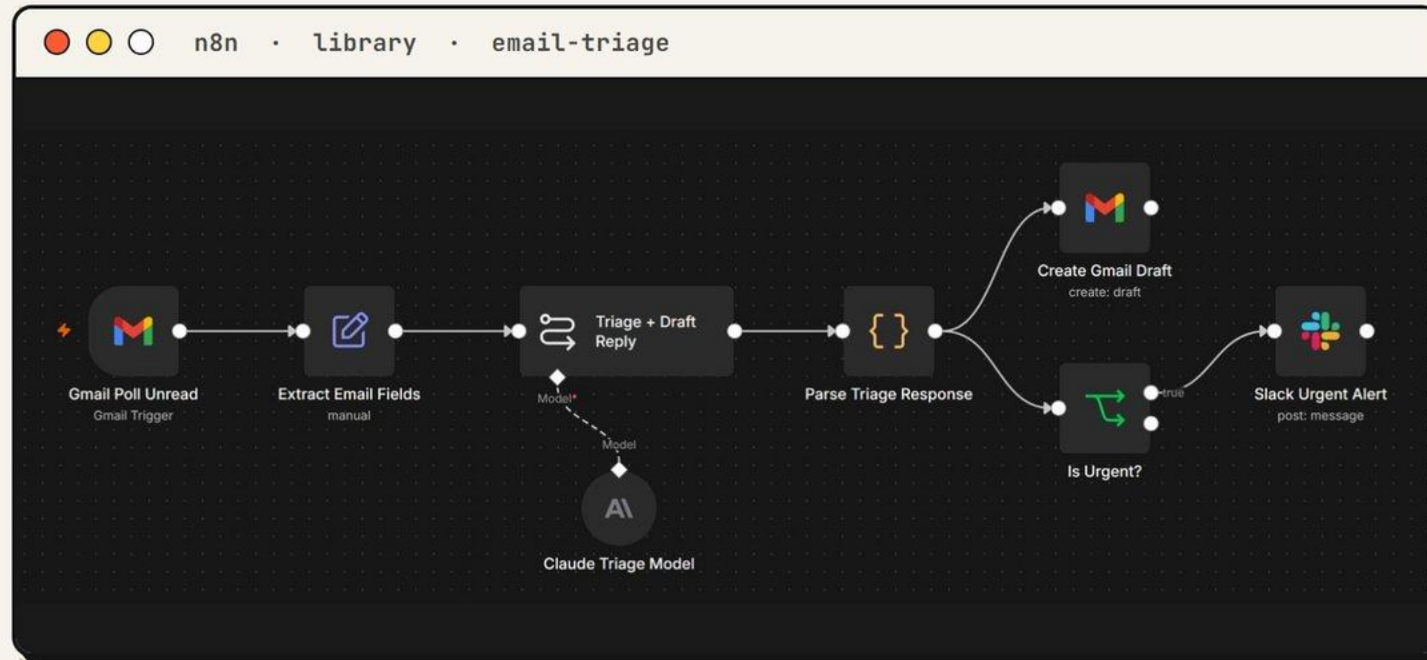
```
# the same four parts, written for you
POST https://gmail.googleapis.com/gmail/v1/users/me/messages/send
Authorization: Bearer ya29..... # your Gmail credential
Content-Type: application/json
{ "raw": "To: mariam@... Subject: Your Future Me card ..." }
```



n8n writes the API call, so you don't have to. You fill in a form.

Gmail API send endpoint per developers.google.com. Request shortened and illustrative; token masked.

Your inbox, sorted before you open it.



Real canvas from the Email Triage template, n8n AI Agents library.

With n8n, in seconds

- 1 A new email arrives**
n8n checks the inbox on its own RULE
- 2 AI sorts it and drafts a reply**
one call: category plus the draft AI
- 3 The draft waits in Gmail**
nothing is sent without you RULE
- 4 Urgent? A ping on Slack**
so nothing important waits RULE

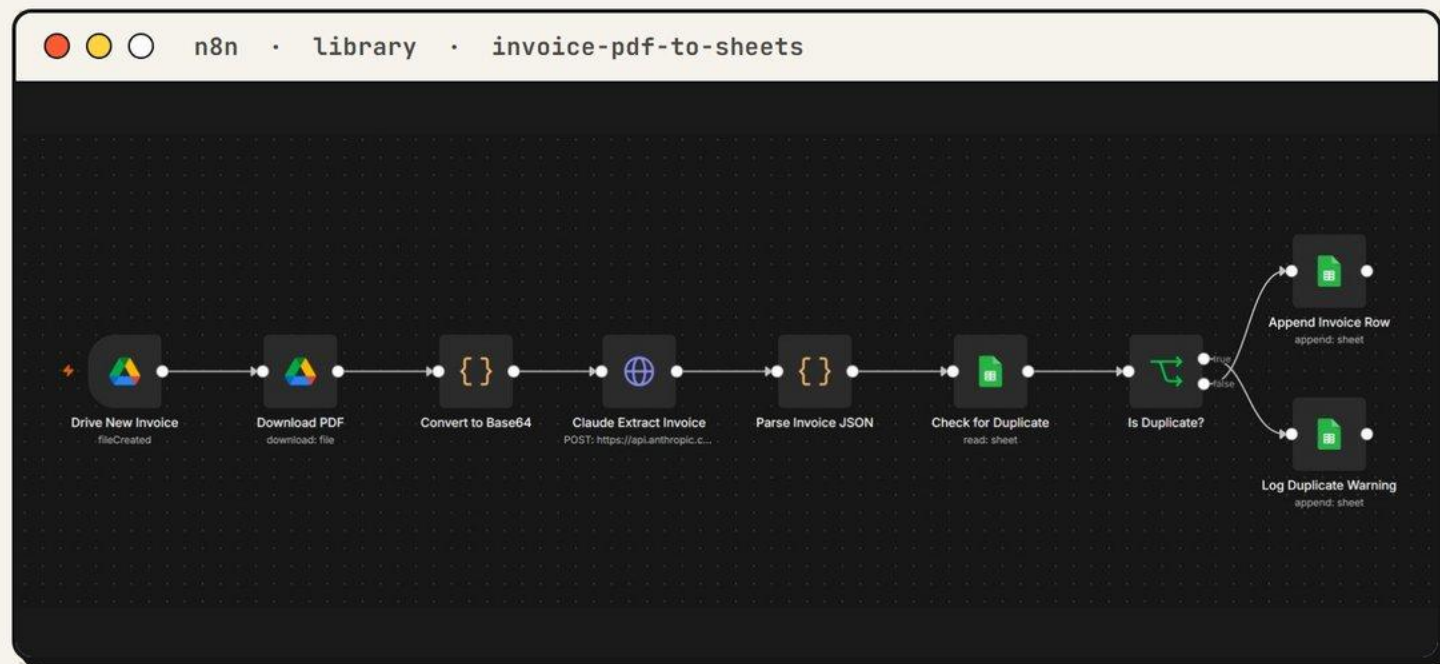
You review. You don't triage.



BY HAND

Open every email, decide what it is, write each reply yourself. Then do it again tomorrow.

A PDF goes in a folder. A clean row comes out.



Real canvas from the Invoice PDF to Sheets template, n8n AI Agents library.

With n8n, in seconds

1



A PDF lands in Drive

an invoice, a receipt, a certificate

RULE

2



AI reads the document

supplier, number, date, total

AI

3



Check for a duplicate

against rows already saved

RULE

4



The row lands in the sheet

or a warning, if it is a repeat

RULE

Anything you retype from a PDF, n8n can read.



BY HAND

Open each PDF, find the supplier, the date and the total, retype them into the sheet.

Same work. Seconds instead of your evening.



Sorting an inbox

read, decide, reply to each email

🕒 BY HAND



one by one

⚡ N8N



all at once



Typing PDFs into a sheet

supplier, date, total, every file

🕒 BY HAND



one by one

⚡ N8N



all at once



Meeting minutes

decisions, owners, tasks

🕒 BY HAND



one by one

⚡ N8N



all at once



A card per person

the Future Me you used

🕒 BY HAND



one by one

⚡ N8N



all at once

☐ Done by hand, one at a time

☒ Done by n8n, all at once

Illustrative, not measured. The point is the shape: by hand, the work grows with the pile. A workflow doesn't.

PART 03 · BUILD

Let's build it.

The Future Me form you used at the start. Four checkpoints, your own hands.

BUILD LOG · LIVE

- › Form: First name, Your field, Your 2030 dream
- › JSON handed to the AI step
- › AI step: credential = Gateway credits
- › Answer page shows the card
- ! Run it: fill in your own form
- ✓ Your own 2030 card, built by you

Open n8n. No laptop? **Pair up.**

1

Scan and sign up

Free trial. No credit card.

2

Verify your email

Check spam if it is slow. Sign in.

3

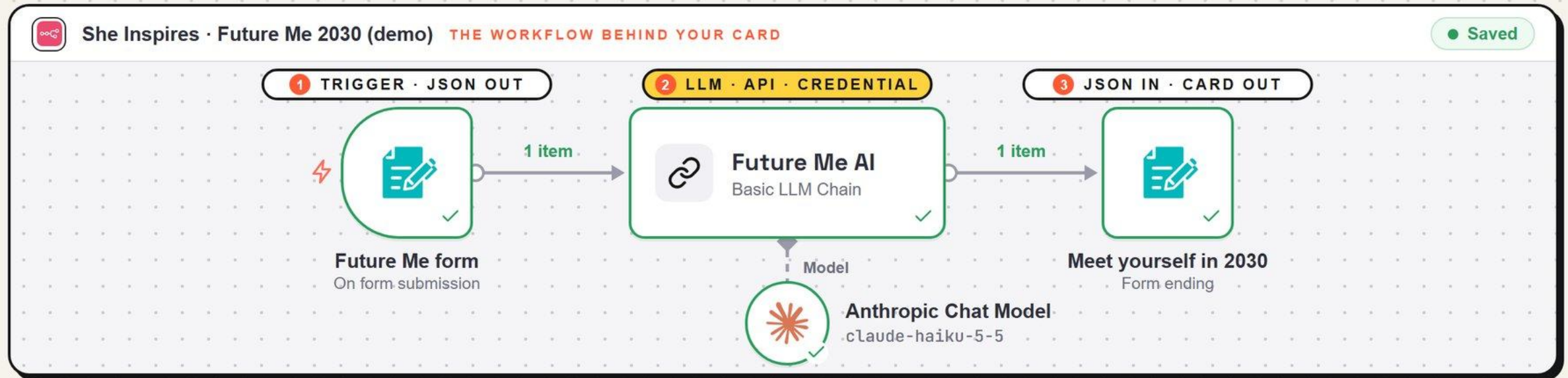
Create a new workflow

An empty canvas with one big + in the middle

**Green light: you see the empty canvas. Hands up.****SIGN UP HERE****app.n8n.cloud/register**

Trial: no credit card, 1,000 executions, AI credits included. Sources: n8n.io/pricing and docs.n8n.io (Gateway credits), fetched 8 Oct 2026.

We're rebuilding **Future Me 2030**.



Three boxes, and you already know every brick inside them. **Let's build it.**

1 Form

2 Test

3 AI step

4 Answer page

Checkpoint 1: a form rings the doorbell.

a

Click + and search "Form"

Pick **n8n Form Trigger**, then "On form submission"



b

Form Title: Future Me 2030

This is what people see at the top

c

Add 3 form elements

First name · Your field (dropdown) · Your 2030 dream

d

Respond When: Workflow Finishes

So the card shows on the next page



Green light: a form node with three fields. Hands up.



On form submission

n8n Form Trigger

Execute step

Parameters

Settings

Form Title

Future Me 2030

Form Elements

First name

Text



Your field

Dropdown



Your 2030 dream

Textarea



Respond When

Workflow Finishes



✓ Form

2 Test

3 AI step

4 Answer page

Checkpoint 2: fill it once, see the JSON.

a

Click Execute step

The form opens in a new tab, on the Test URL

b

Fill in your own answers, submit

Your name, your field, your real 2030 dream

c

Back in n8n, switch the output to JSON

Labels and values. Exactly like slide "JSON".



Green light: your own words as JSON inside n8n. Hands up.

```
n8n · output · JSON

[
  {
    "First name": "Mariam",
    "Your field": "Pharmacy",
    "Your 2030 dream": "Lead a team...",
    "submittedAt": "2026-10-10T11:42"
  }
]
```

✓ Form

✓ Test

3 AI step

4 Answer page

Checkpoint 3: the AI step, paid with a credential.

a

Click + after the form, search "Basic LLM Chain"

Source for Prompt: Define below



b

Under it, click Model + and pick "Anthropic Chat Model"

The brain plugs in underneath the chain



c

Credential: Use Gateway credits. Model: Claude Haiku 5.5

n8n holds the key and pays. No card, no key to copy.

d

Paste the prompt from the next slide

Into the chain's Prompt box

**Green light: a Basic LLM Chain with Claude under it. Hands up.****Basic LLM Chain**

with an Anthropic Chat Model

Execute step

Parameters

Settings

Source for Prompt (User Message)

Define below



Prompt (User Message)

You are a warm, honest career coach...

Name: `{{ $json["First name"] }}`Field: `{{ $json["Your field"] }}`

Model · Anthropic Chat Model

Gateway credits · Haiku 5.5



docs.n8n.io; Use Gateway credits: "In the credential field, select Use Gateway credits." Fetched 8 Oct 2026. Panel is an illustrative mock.

The prompt: **your JSON fills the blanks.**

```
# paste into the Basic LLM Chain, then drag the fields in
You are a warm, honest career coach writing from 2030.
```

```
Name: {{ $json["First name"] }}
```

```
Field: {{ $json["Your field"] }}
```

```
Dream: {{ $json["Your 2030 dream"] }}
```

```
Write their profile from 2030:
```

1. A job title that doesn't exist yet.
2. A day in their life, in 3 short lines.
3. Three skills to start learning this month.
4. One small step for this week.

```
Under 150 words. Plain text, no markdown.
```

```
Realistic, kind, specific.
```

THE TRICK

Drag a label from the left panel into the prompt. n8n writes the curly brackets for you.

MAKE IT YOURS

Want it in Egyptian Arabic? Add one line: "Write it in Egyptian Arabic."
Funnier? "Make it playful."

✓ Form

✓ Test

✓ AI step

4 Answer page

Checkpoint 4: show the card on screen.

a

Click + after the LLM Chain, search "Form"Pick the **n8n Form** node

b

Page Type: Form Ending

c

On submission: Show Completion Screen

Completion Title: Meet yourself in 2030

d

Completion Message: drag in the AI's reply

From the left panel, the field that holds the text

**Green light: run it, your card shows on the page. Hands up.**[your-name.app.n8n.cloud/form/...](#)

Meet yourself in 2030

MARIAM · 2030

Head of AI Pharmacy Operations

YOUR DAY

8:00, your agents flag three stock-outs before anyone notices. 11:00, you train two new pharmacists on the tools. 3:00, a medicine reaches a village two days faster.

START THIS MONTH

Excel basics · prompt writing · n8n

THIS WEEK

Automate one report you do by hand.

docs.n8n.io; n8n Form node: Page Type Form Ending, Show Completion Screen, Completion Message. Fetched 8 Oct 2026. Phone is illustrative.

ONE MORE QUESTION

Your workflow
follows a recipe.
What if you gave it
the goal?

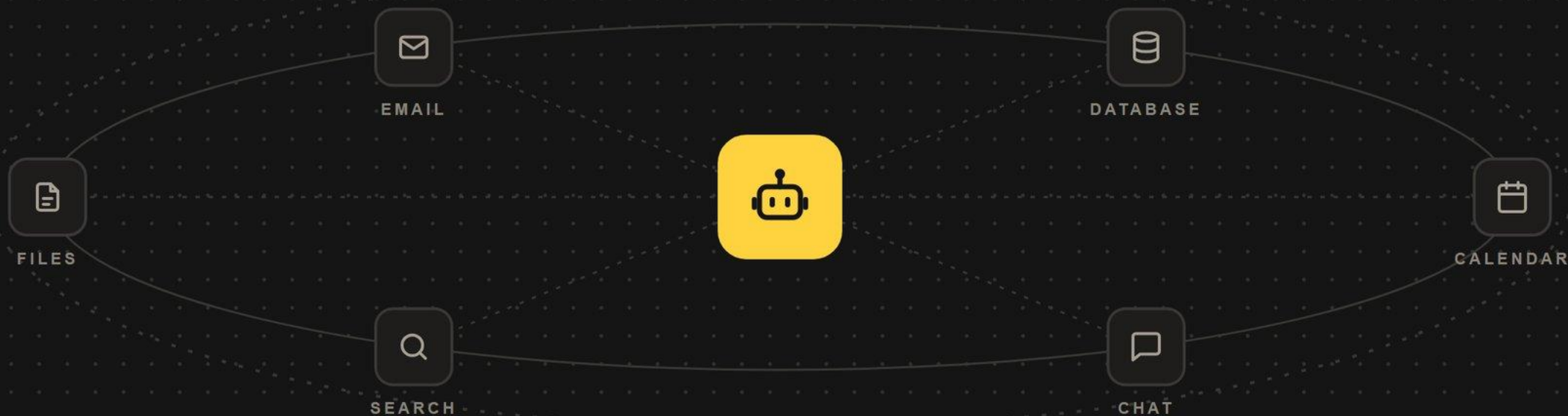


- © "Find three real jobs that match my 2030 card." Your workflow can't. It only writes.

PART 04 · AGENTS

Let AI decide.

An agent gets a goal and a toolbelt, then picks the steps itself.



AI that answers you, and AI that does the work.

Chat IT ANSWERS

chat · answers

How do I find junior data jobs in Cairo?

Here is how: 1. Search LinkedIn and Wuzzuf. 2. Compare each post to your CV. 3. Save the good ones and write to each company.

YOU DO ALL THREE It answers. You do the work.

Illustrative example:

Agent IT DOES THE WORK

agent · does the job

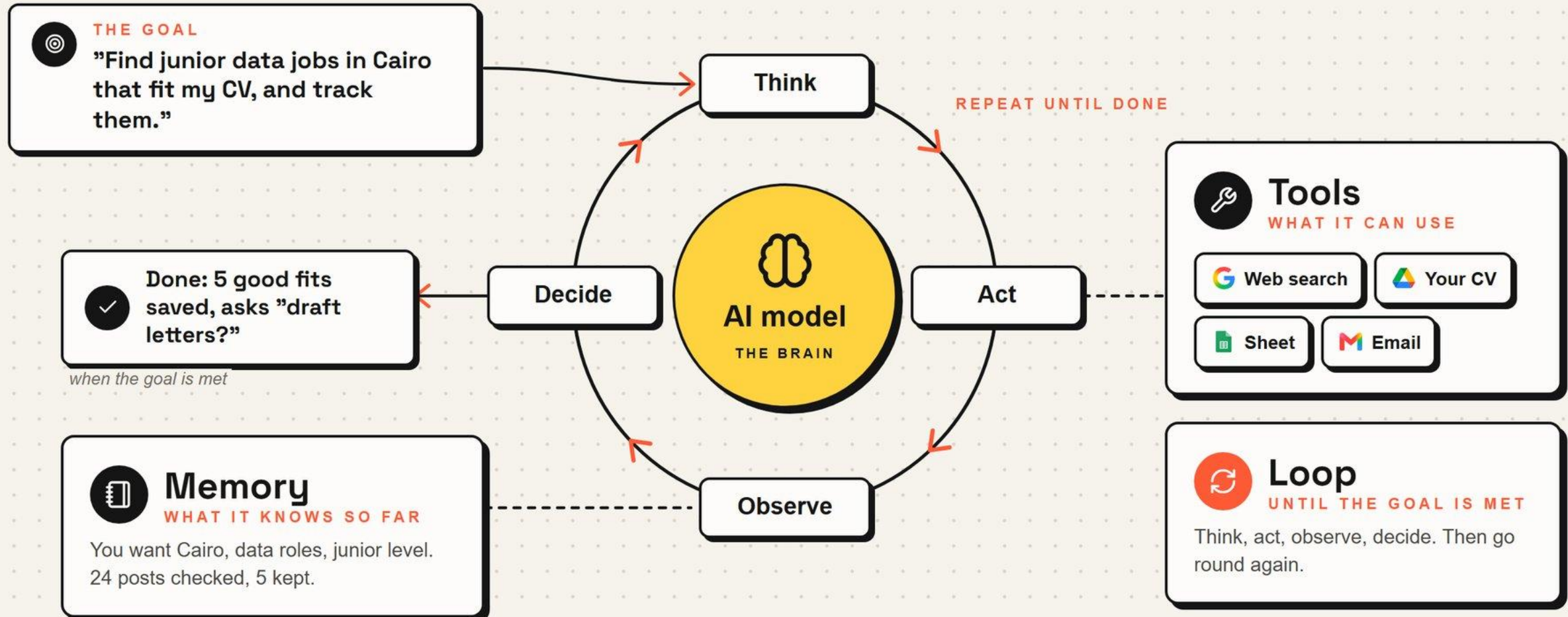
Find junior data jobs in Cairo that fit my CV, and track them.

- ✓ Searched 3 job boards, 24 posts  
- ✓ Compared each one to your CV
- ✓ Saved 5 good fits to your sheet 

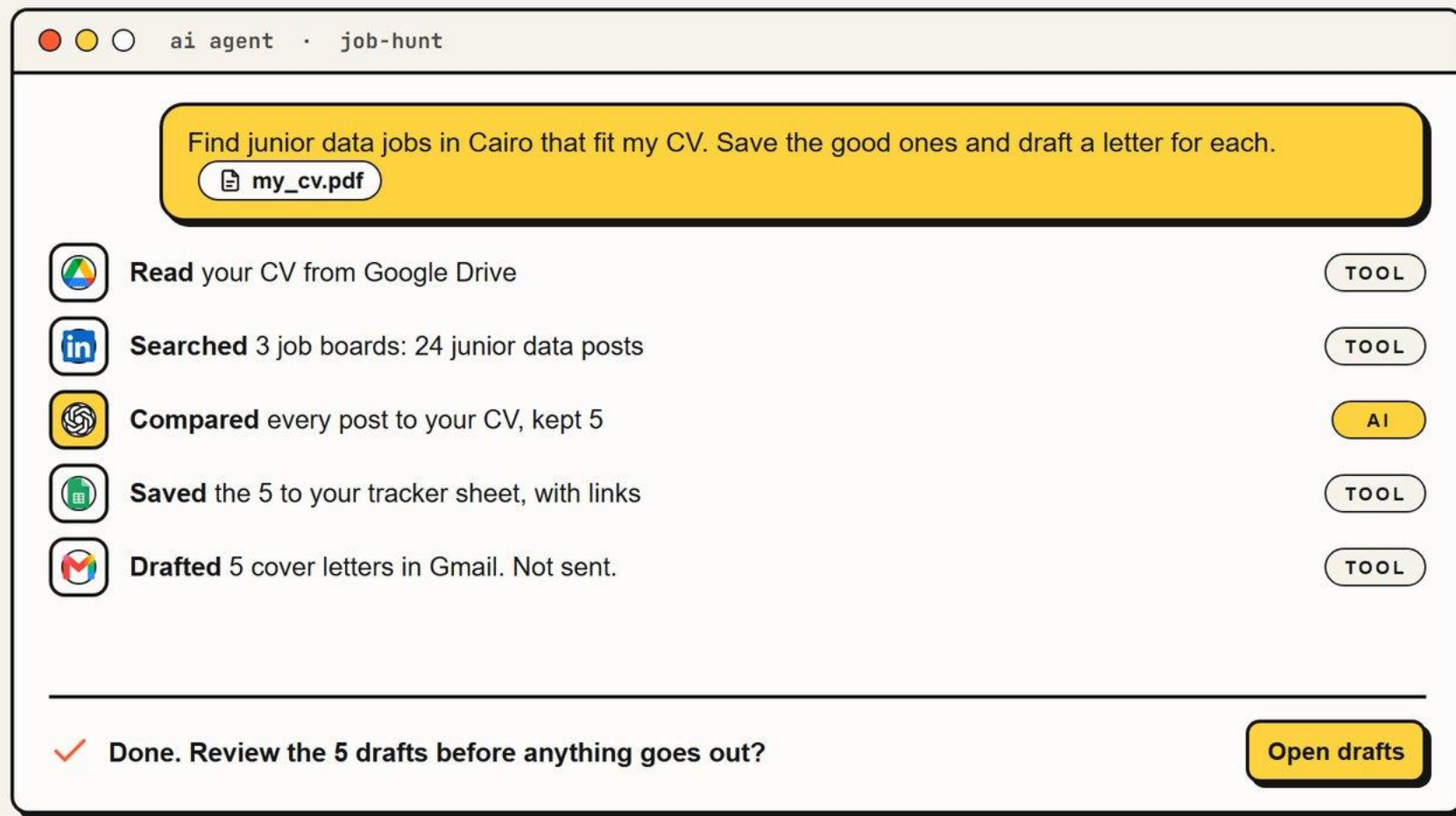
Draft a cover letter for each of the 5? Approve Edit

YOU APPROVE It does the work. You decide.

An agent is an AI model with **tools, memory and a loop.**



An agent is an intern with a toolbelt.



Illustrative mockup of an agent run, not a screenshot.

YOUR FUTURE ME

You fill in the form

It follows your recipe. Same steps, every time.

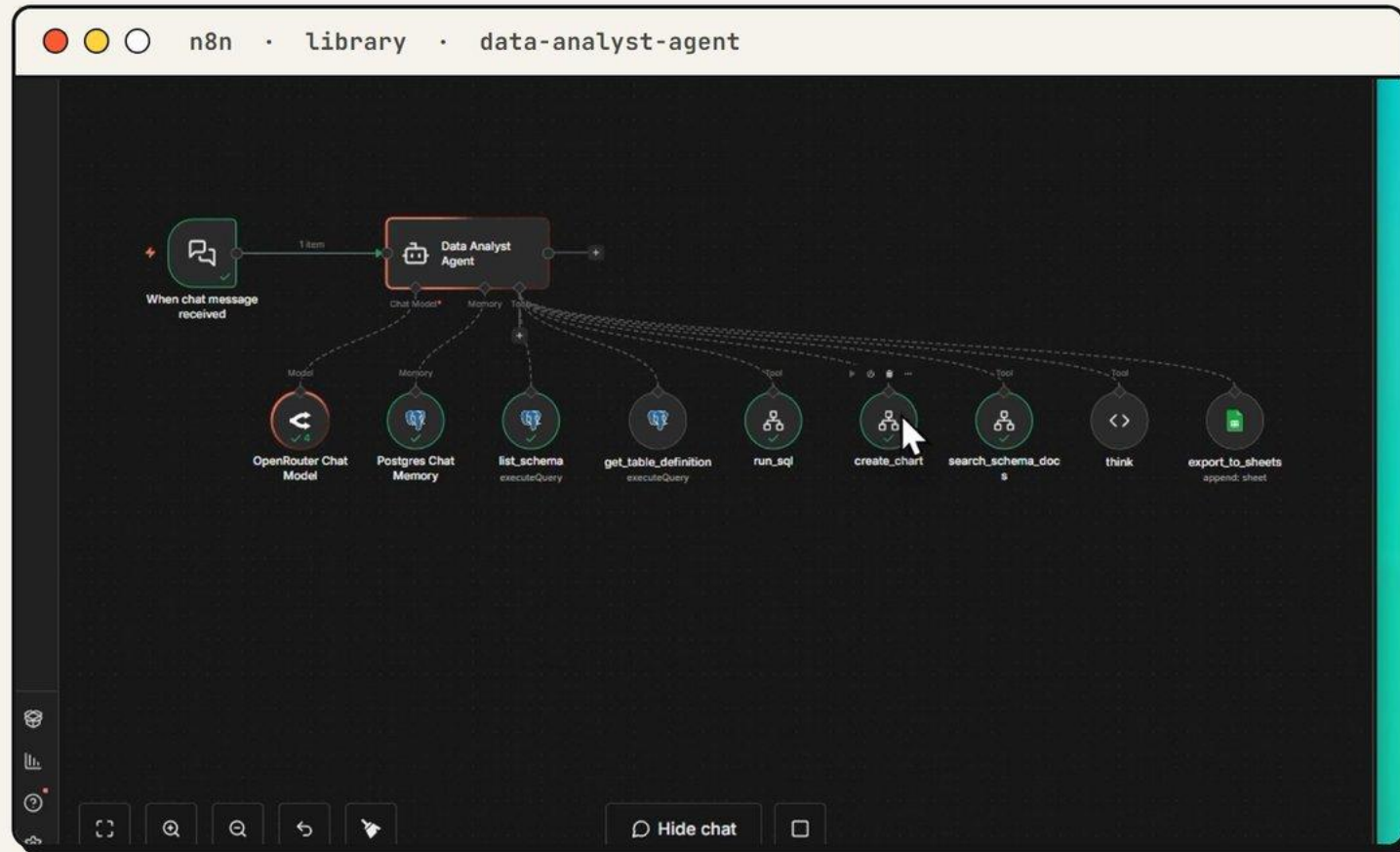


AN AGENT

You give it the goal

- 🔍 Finds what it needs
- 🔧 Picks its own tools
- 🛑 Stops for your yes
- 📁 Hands back finished work

Live: an AI agent, **your data analyst.**



Real n8n run on demo data in Supabase (Postgres). Click the video to play.

THE QUESTION IT ANSWERS

"Show me sales orders by month"

1



You ask in plain words

in a chat, no SQL, no dashboard

YOU

2



It reads the database

finds the right tables and columns

TOOL

3



It writes and runs the query

read-only, capped at 200 rows

TOOL

4



It draws the chart and explains it

chart, table and the insight

TOOL

Nobody drew these steps. The agent picked its own tools.

Twelve words you now **actually understand.**

THE BRAIN

LLM

A model that predicts the next token.

THE UNIT

Token

A piece of a word. What it reads, writes and bills.

THE MEMORY

Context window

How much it can hold at once.

ENGINE VS CAR

Model vs app

GPT is the engine. ChatGPT is a car.

THE WAITER

API

How one app asks another for something.

THE ADDRESS

Endpoint

Where the request goes, with GET or POST.

THE LANGUAGE

JSON

Labels and values. What apps answer in.

THE CARD

Credential

Proof of who's asking, and who pays.

COPY ONCE

API key

A secret string. Treat it like cash.

APPROVE ONCE

OAuth

"Sign in with Google." Revoke any time.

THE START

Trigger

Schedule, app event, form or webhook.

THE DOORBELL

Webhook

Another app rings yours, instantly.

Everything I share, in one place. Free.

mina-saad.com/resources

FREE · NO SIGN-UP

Resources.

Decks, guides, prompts and templates from my sessions, meetups and posts.

All

Guides

Decks

Prompts

Repos

DECK

Put AI to Work: the session deck

40 pages, PDF

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PROMPT

Role, Task, Context, Format

the ask in four parts

Copy

GUIDE · عربي

The context window, a practical guide

5 pages, PDF

Download

REPO

n8n AI Agents: 17 templates

import, connect, run

Open

Items shown are on the page today (mina-saad.com/resources, checked 9 Oct 2026). The n8n AI Agents repo is github.com/MinaSaad1/n8n-ai-agents.

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Q&A · RAISE YOUR HAND

Thanks.

Build the **workflow**



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🗨 Is n8n free?

🗨 Do I need to code?

🗨 Can this be a job?

🗨 Arabic too?

🗨 Is my data safe?

🗨 n8n or Zapier?

🗨 Can I freelance with this?

🗨 Where do I start?

