



We hope this newsletter finds you well. We are so excited to share with you valued information about the KR Johnston Construction team. For this newsletter, let's dive into how AI can be used in our industry.

Embracing AI

AI is no longer just for tech companies—it's transforming industries like construction and commercial real estate. From project management to market analysis, AI helps us work smarter and faster. In this newsletter, I'll share how I've integrated AI into my workflow and how you can too.

At KR Johnston, developing a comprehensive safety program was a top priority but also a time-intensive one. We started by outsourcing the creation of our core safety documents, including our Safety Plan and Injury and Illness Prevention Program (IIPP). From there, I uploaded those documents into an AI platform and asked it to generate a **site-specific safety plan**, tailored to a particular property with unique site constraints. The results were impressive. Not only did AI generate a customized plan, but when I shared the type of work we do (interior commercial construction) it went a step further. It created a full year's worth of **toolbox safety topics** specifically aligned with our scope of work. Then, it asked if I'd like **sign-in sheets** to go with each topic and formatted everything for easy use. This process didn't just

save hours of research and writing it gave us a solid foundation we could review, tailor, and implement. AI didn't replace our expertise, it amplified it.

If you're curious about using AI but not sure where to begin, here are a few easy ways to get started and no tech background required: Try any of the following platforms like CoPilot, Gemini, ChatGPT, Claude or Grok. They can help you brainstorm, write, summarize, and even generate documents. Just upload a file or ask any question, a prompt, to get started. You can ask AI to explain something difficult and talk to you as if you are a child trying to understand. Be careful what information you enter into AI. It is not a google search engine that is pulling from information on the internet, instead you are building the brain for all of AI so it's best to be careful what information you include with your prompts.

One insight that stuck with me from the audiobook "Co-Intelligence" by Ethan Mollick was how AI can be prompted to help refine business skills. In the book, they use the prompt "You'll be my negotiation teacher. You will simulate a detailed scenario in which I have to engage in negotiation. You will fill the role of one party and I will fill the role of the other. You will ask my responses along each step of the scenario and wait until you receive it. After getting my response you will give me details of what the other party does and says. You will grade my response and give me detailed feedback about what to do better using the science of negotiation. You will give me a harder scenario if I do well and an easier scenario if I fail." We all have access to a virtual coach at our fingertips.

A key to using AI is to treat AI like a smart assistant: it's there to help, but you're still in control. I went to a CREW SF Luncheon titled "Unlocking the Future; AI's growing Role in CRE" and an analogy that stuck with me was from the panelist, Christopher Kubala from Google, is that AI is an **intern**. It is eager and fast but still needing oversight. And the more you use it, the better it gets at supporting your work. It will remember you and how you speak, always be polite.

AI is already changing the way we work and the best part is, it's accessible. You don't need a tech team or a big budget to start seeing the benefits. Whether you're in construction, commercial real estate, or any part of the built environment, AI can help you work smarter, not harder. I hope this newsletter gave you a few ideas to explore. I use AI on a daily basis to help draft emails, proposals, and even this newsletter. If you're curious or want help getting started, I'm always happy to share what's worked for me.



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Golf Event

Last month, our team had the pleasure of sponsoring a tee at the **BOMA SF Golf Tournament** held at StoneTree Golf Club. It was a fantastic opportunity to connect with new faces in the industry and share a bit of our fun, laid-back side! The tournament theme was TV shows through the decades. Our hole was set up as 90's Home Improvement and we had a great time engaging with everyone who stopped by.

As I prepared to sponsor my very first golf tournament, I used AI to help generate a comprehensive checklist—especially for coordinating signage, swag, and making sure I didn't overlook any key details for the day. It was like having a smart planning assistant that kept me organized and confident. Although one thing we did forget is to take pictures of our booth and canopy set up, AI can't do everything for us!

Big thanks to BOMA SF for organizing such a memorable event.

Check out some photos from the day below!



Nonprofit Feature:
Cyber Guard Initiative, Inc.



We're excited to feature Cyber Guard Initiative, Inc., a 501(c)(3) nonprofit founded in 2024 and led by Anvika Chaudhary, a high school student at Las Lomas High School in Walnut Creek. Cyber Guard Initiative is dedicated to educating individuals and communities on how to recognize and prevent fraud—especially in healthcare and technology. Their mission is to empower people with practical knowledge and tools to stay safe from scams such as:

Healthcare Fraud: Including fake insurance plans, medical identity theft, and deceptive billing practices.

Technology Fraud: Covering phishing, impersonation, email scams, and other digital threats.

Through in-person workshops and community outreach, Cyber Guard Initiative tailors its programs to meet the needs of diverse audiences—from tech-savvy teens to seniors who may be more vulnerable to fraud.

Interested in hosting a training session for your team? Reach out to Anvika directly at cgiinc.org@gmail.com to schedule your next fraud prevention workshop.

Cyber Guard
Initiative, Inc.

Until Next Time...

We're so grateful to have you with us and are excited for what's ahead. There's so much more to come: new projects, new relations, and ways to make your experience even better. Here's to more growth, creativity, and success!



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