

No Slop: Practical AI-Assisted Engineering

SELF 2026
Charlotte, NC
June 13, 2026

Hello

- This talk is about responsibly deploying LLMs
- Focused on real business use
- Assumes SWE knowhow
- Includes live demos

whoami

- Me llamo Cameron Conn
- Do everything mentioned in here at \$DAYJOB
- BG: Security, Aerospace, Medtech, Finance

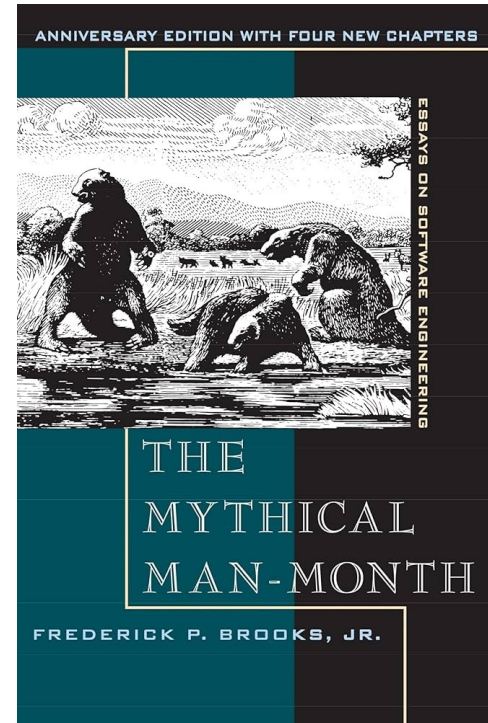
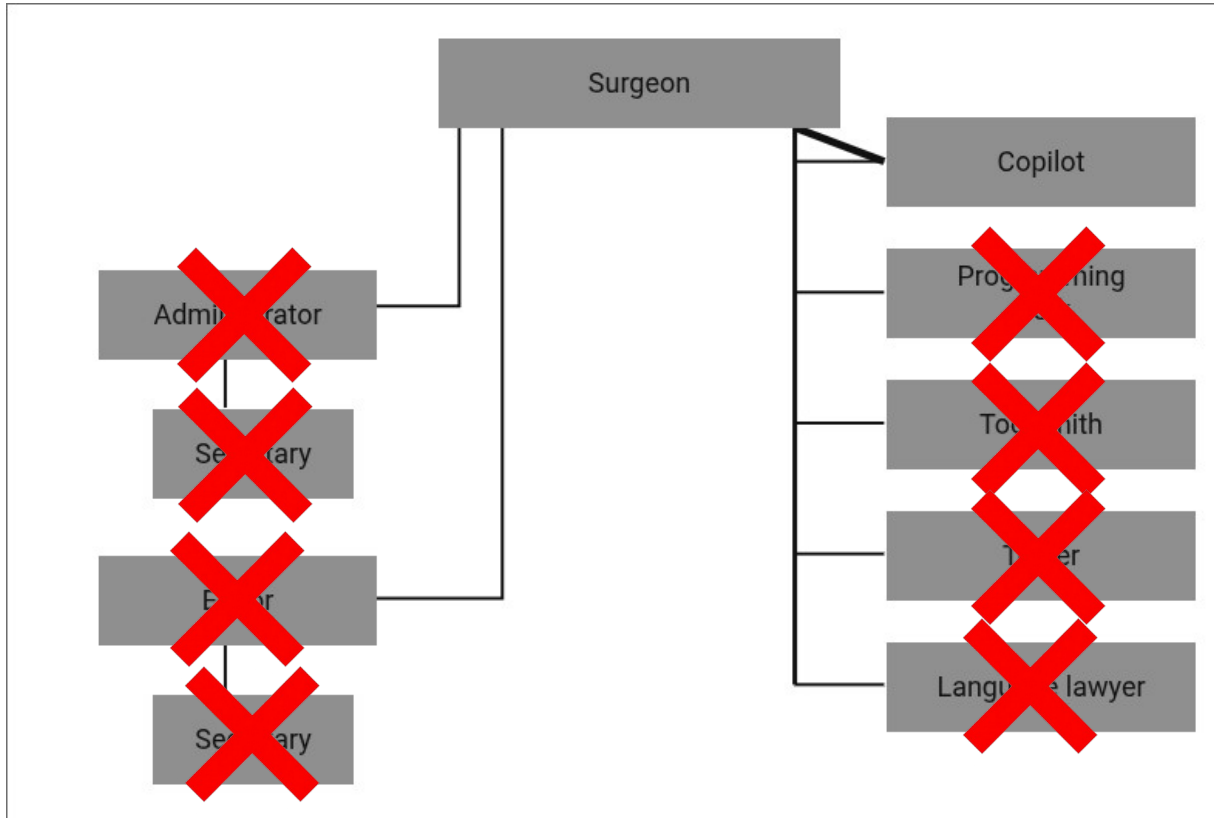
tl;dw

- The human engineer's job has changed
- You are now a Architect
- The machine does the grunt work

Recap

- 2022 – ChatGPT (LLM)
- 2023 – Cursor (Agentic IDE)
- 2025 – Claude Code (definitive harness)
 - Also, LLMs got production quality good

“Surgical Teams”



The Future

- As a human, your job has changed
- You don't make the implementation
 - You drive the project
 - Your taste dictates the shape
- Machine drives

The Tools



Disclaimer

- Using commercial models + programs
- Proprietary programs and harnesses
 - Tokens are ~8000x cheaper :(
 - Open Source Alternatives Exist

Adoption Maturity Levels

Level	Name	What
0	Nothing	Copy + Paste into chatbot
1	Augmented Development	App Maintenance
2	Machine Driven Development	User Manages, Machine Implements
3	AI Psychosis	You live in SF

Warnings

- Use care
 - Misuse/Poor use can cause consequences
- I will demonstrate **not best practices**

Level 0

- Not shown here!

Level 1: Augmented Development

- Human Drives and Sets Tasks
- Machine does the grudge work
 - Adding Tests
 - Upgrading Dependencies
- The machine types faster than you do, take advantage of that

Level 1: Demo

- Probot
 - IRC Chatbot
 - 10yr Old Project
- Actions
 - Upgrade to `uv`, Python 3.13
 - Add Unit Tests

Level 2: Driving Development

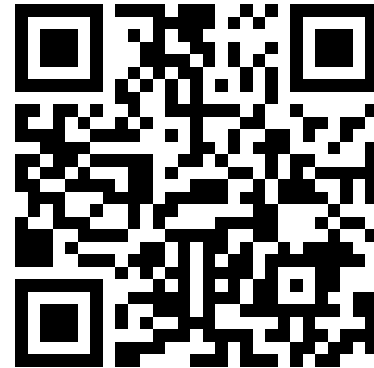
- Agents drive most design + implementation
- You as the human drive
- Best for greenfield projects

Level 2: Demo

- We will make and IRC server
- Ideas
 - Specs
 - Agent Directives
 - Plans

Wrap Up

- Slides
- camconn.cc/self-2026



Bonus

- Security Harness
- github.com/camconn/security-harness

