Ladies and gentlemen, esteemed colleagues, and those who just wandered in looking for free coffee, welcome to today's seminar!

I hope you're all as excited as I am--or at least pretending to be! If not, don't worry, the coffee should kick in soon. We'll be embarking on a journey of learning today, which, if I'm being honest, sounds a lot like something an airline pilot might say--minus the complimentary peanuts and questionable legroom.

Now, let me just reassure you: today's speakers have been handpicked for their excellence. It's true! We used a random name generator online, but don't worry, it was set to "expert" mode. In reality, each one is tremendously knowledgeable, and I'm sure they didn't just skim Wikipedia last night to prepare for being here today.

In any case, we're here to have a good time, learn a little--or a lot-and of course, to try and stay awake. If anyone manages to learn something new and stay conscious at the same time, there's a prize waiting: my endless admiration.

So, sit back, relax, and let's pretend this is the most fun we've ever had in a conference room. Without further ado, let's start this seminar! Remember: silence your phones, but definitely not your laughter. Enjoy!