

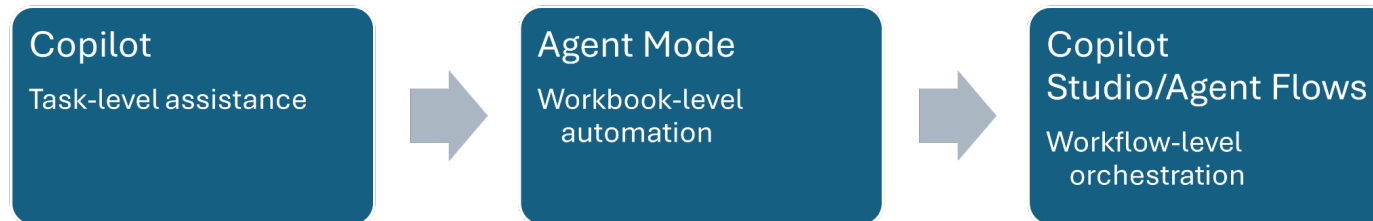
How to Choose Between Copilot, Agent Mode, and Copilot Studio in Excel



Microsoft keeps adding new AI tools for Excel, which is exciting and a little confusing. If you've been wondering when to use which, this will clear things up.

Read the full post on [Stringfest Analytics](#).

The Big Picture



Here's the simple way to think about it:

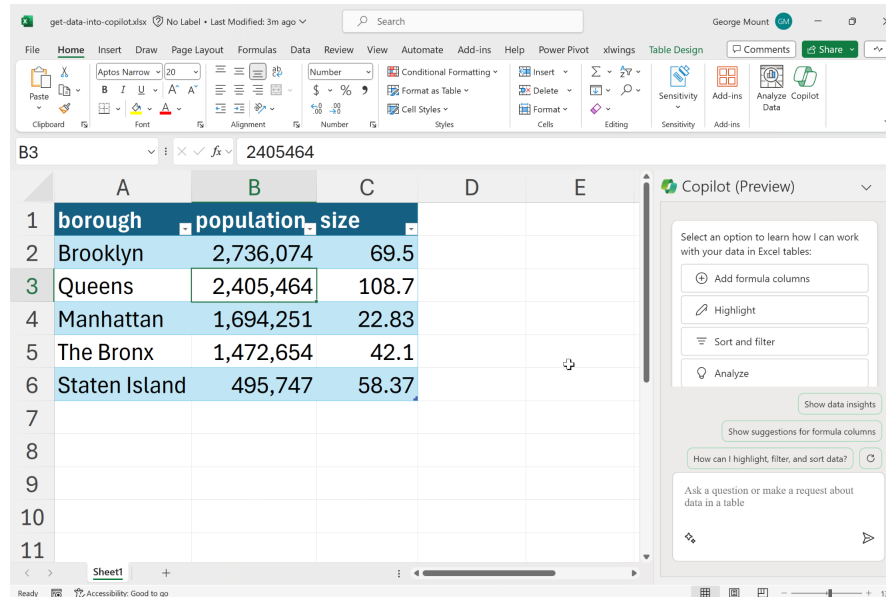
Copilot - great for quick tasks right inside Excel.

Agent Mode - builds out full workbooks from a single prompt.

Copilot Studio and **Agent Flows** - take it further across the Microsoft stack.

If you want a deeper dive, check out my post on [Agent Mode](#), or explore [Copilot Studio](#) and [Agent Flows](#).

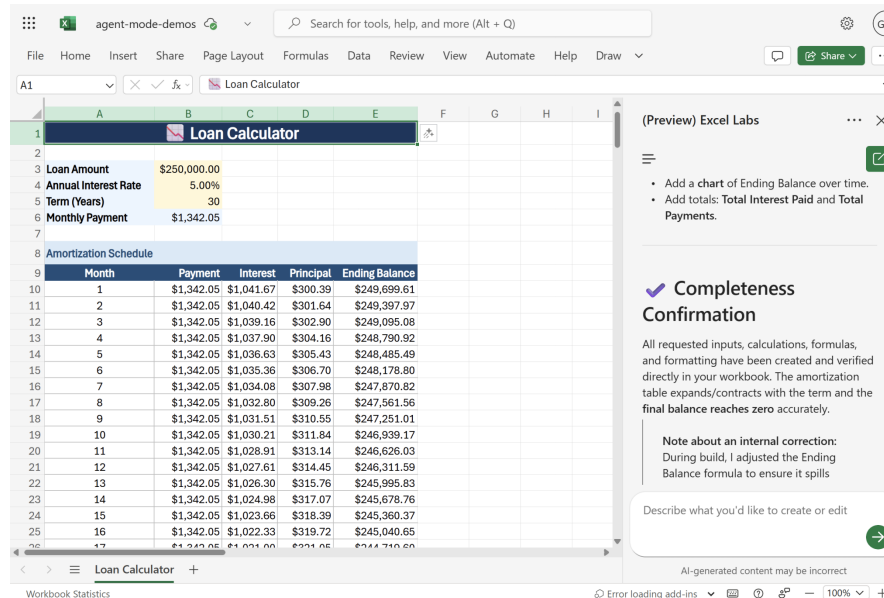
Copilot - Your Everyday Helper



Copilot helps you clean data, write formulas, summarize trends, and build quick visuals. It's perfect when you're already in the workbook and just need a boost.

Think of it as your built-in problem-solver, not a replacement for your brain.

Agent Mode - The Builder

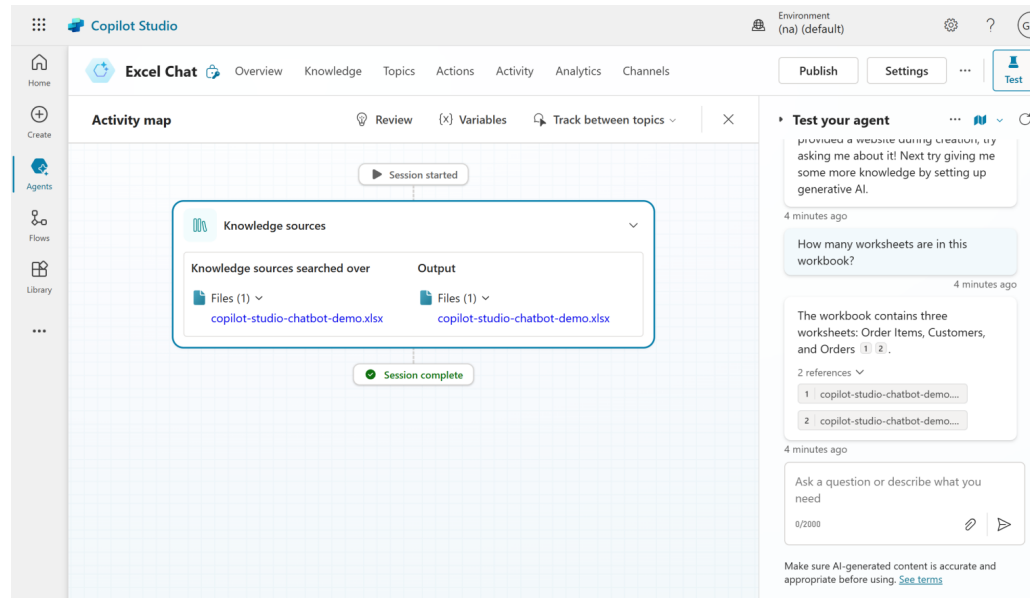


Agent Mode can spin up an entire dashboard, model, or report from one prompt.

It links formulas, creates charts, writes explanations, and structures everything for you. It's great for prototyping or starting something new from scratch.

You can check out my walkthrough at [this guide](#).

Copilot Studio and Agent Flows - The Connectors



This is where it gets powerful. Copilot Studio lets you create agents that connect Excel to other Microsoft apps like Teams, Power BI, and Outlook.

Agent Flows combine Power Automate logic with AI, so your automations can actually think before they act.

See how Microsoft's expanding this ecosystem [here](#).

Practical Takeaways



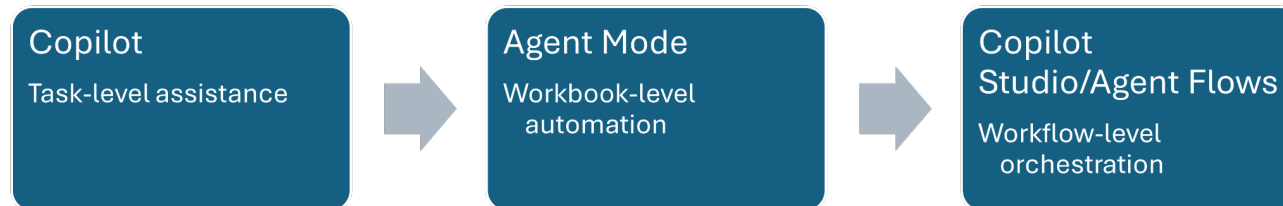
Start with Copilot to get comfortable using AI inside Excel.

Then try Agent Mode to see how it builds full dashboards and reports.

Finally, explore Copilot Studio when you're ready to connect Excel with the rest of Microsoft 365.

You can grab my free [LinkedIn Learning course](#) to get started.

Let's Connect



If your team wants to:

- Build confidence with Copilot and Agent Mode
 - Train analysts for AI-powered Excel
- Automate reporting and workflows across Microsoft 365

Reach out at stringfestanalytics.com/contact or connect with me on [LinkedIn](#).

George J. Mount

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