

Sample for illustration. The client and every detail in this summary are fictional.

Closing Summary

Kenji Mori · The Voice Calibration, 10 sessions · Jay Alexander Poulton

Where you started

Colleagues often asked you to repeat yourself on video calls, and your sentences tended to fade before the final word, which is usually the word that carries the point.

Where you finished

Your sentences now hold their volume to the end. In our last recording you gave your sprint review without a single request to repeat yourself, and your pace stayed steady through the questions afterward.

The drills that matter most for you

1. **Volume to the last word.** Read one paragraph of your own release notes aloud each morning, keeping the final word as strong as the first.
2. **Linking.** Practice the phrases you use most on calls as single units, such as “push it out” and “pick it up,” so the words run together naturally.

Your next 30 days

Practice for ten minutes a day for the first two weeks, then three times a week. Record yourself once a week and listen for the ends of your sentences, since that is where the old habit will show first if it returns.

Jay Alexander Poulton