

TRANSFORM YOUR SPEECH. TRANSFORM YOUR LIFE.

ENGLISH SPEECH TRANSFORMATION SYSTEM

THE COMPLETE 12-WEEK SYSTEM TO THINK IN ENGLISH,
SPEAK NATURALLY AND COMMUNICATE WITH CONFIDENCE

I think...

ehh...

What I want
to say is...

TRANSLATING
IN YOUR HEAD

HESITATION

POOR PRONUNCIATION

CONFUSION

LOW CONFIDENCE

THINK
IN ENGLISH

SPEAK
NATURALLY

CLEAR
PRONUNCIATION

STRUCTURED
THINKING

CONFIDENCE IN
EVERY SITUATION

FLUENCY
CLARITY
CONFIDENCE

★ ★ ★
A PRACTICAL SYSTEM
THAT DELIVERS
REAL RESULTS

★ ★ ★

FLUENCY • CLARITY • RHYTHM • STRUCTURE • CONFIDENCE

CARLOS JOSUÉ MERCADO OBANDO

ERC NIC

Fixing My Voice

Speak So That USA Citizens Want to Listen

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About the Author

ERC Academy – Communication & Fluency Development

This program was created by ERC Academy as part of a practical system for developing real-world English communication skills for non-native speakers.

Rather than focusing on traditional language learning methods centered on memorization, grammar rules, or passive study, this system was designed around a different question:

“What actually prevents people from speaking English clearly, fluently, and naturally in real conversations?”

Through observation of learners in academic, professional, and real-life environments, a consistent pattern emerged. Most learners do not struggle because they lack knowledge of English. They struggle because of breakdowns in:

- real-time fluency
- thought organization
- speech clarity under pressure
- pronunciation stability
- rhythm and natural flow
- conversational confidence

This training system was built to address those specific breakdowns directly and systematically.

The Approach

The methodology combines structured training across multiple layers of speech development:

- fluency automation
- structured thinking in English
- articulation and pronunciation control
- rhythm and stress training
- intonation and expressive speech
- real-time conversation conditioning

Each stage is designed to move the learner from controlled speech → to automatic communication → to real-world conversational performance.

Philosophy

The core belief behind this system is simple:

English is not mastered by knowing more.

It is mastered by speaking better under pressure.

The goal is not perfection, but **clear, continuous, and natural communication that functions in real life.**

Mission

ERC Academy exists to help learners:

- stop translating mentally
- speak with clarity and structure
- develop natural rhythm and confidence
- and communicate effectively in real environments such as work, education, and international interaction

ABOUT THE AUTHOR

Carlos Josué Mercado Obando

Carlos Josué Mercado Obando is an educator, English instructor, and lifelong learner passionate about continuous personal and academic development. Throughout his career, he has dedicated his work to helping individuals strengthen their communication skills, expand their opportunities, and achieve personal and professional goals through English proficiency.

His interest in teaching originated from his own experience as a language learner. While facing common challenges such as vocabulary memorization, listening comprehension, pronunciation, and speaking confidence, he discovered that success does not depend solely on talent, but on having the right strategies and the discipline to apply them consistently.

As a founder and educational mentor, Carlos has worked with students of different ages and levels, observing firsthand the difficulties faced by those who seek to learn English. These experiences allowed him to develop a teaching philosophy centered on memory strengthening, deliberate practice, listening development, and the formation of effective learning habits.

The inspiration to write this book came from a simple question: *Why do many people study English for years yet still feel they are not making progress?* After guiding numerous students through their learning journeys, Carlos realized that many lacked a clear system for training the mental and communicative skills required to acquire a new language. This book was created to fill that gap.

More than a language manual, this work aims to help readers become “cognitive athletes” — individuals capable of training their minds with the same discipline that athletes use to train their bodies. Through practical principles, exercises, and proven strategies, the author shares tools that have helped hundreds of students improve their learning process and build a more effective relationship with English.

His mission is to show that learning English is not a privilege reserved for a few, but a skill that anyone can develop through consistent practice, perseverance, and a growth mindset.

He continues to teach, create educational content, and support students on their journey toward fluency, firmly believing that every word learned represents a new opportunity and every conversation opens a wider world.

“Each word learned is a door that opens. Each conversation is a step toward a larger world.”

Closing Thought

Fluency is not a destination.

It is a trained communication system.

And once it becomes automatic, it becomes part of how you think—not just how you speak.

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For inquiries, permissions, or additional information, visit:

www.ercacademynic.com

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Dedication

To my father, Carlos Mercado, and my mother, Karla Obando.

Despite the chaos surrounding us, I could always feel the warmth and love you gave me. Looking back, it instilled in me the desire to live and to become your second chance—to live the life you may have once aspired to, and to also live fully the life you both poured so much love into shaping.

Thank you, Mom.

Thank you, Dad.

I will see you in heaven.

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The Rhythm Problem

Why Native Speakers Stop Listening

Introduction

Imagine two people with the exact same English level.

Both know 8,000 words.

Both understand movies.

Both can read newspapers.

Both have worked in English for years.

Yet one sounds professional and pleasant to listen to.

The other sounds exhausting.

Why?

The answer often has nothing to do with vocabulary.

It has everything to do with rhythm.

The Hidden Problem

Many struggling English speakers believe:

“My problem is pronunciation.”

Others believe:

“My grammar isn’t good enough.”

Others think:

“I need a better accent.”

Most are wrong.

The first thing native speakers notice is not pronunciation.

The first thing they notice is flow.

Does the speech move naturally?

Or does it constantly stop and restart?

The Listener’s Experience

Imagine hearing someone speak like this:

Yesterday...

I was...

trying to...

call my manager...

because...

there was a problem...

with a customer.

Nothing is technically wrong.

Every word is understandable.

Yet listening feels difficult.

The listener must constantly wait.

The rhythm never settles.

The brain cannot predict where ideas begin or end.

After a few minutes, listening becomes work.

What Native Speakers Actually Do

Native speakers rarely speak word by word.

Instead, they speak in thought groups.

For example:

*Yesterday I was trying to call my manager |
because there was a problem with a customer |
and we needed to fix it before the deadline.*

Notice something.

The pauses happen between ideas.

Not inside ideas.

The speech flows in meaningful chunks.

This is how English is designed to sound.

The Core Principle

Thoughts, Not Words

One of the biggest mistakes language learners make is speaking one word at a time.

Native speakers speak one thought at a time.

Compare:

Word-Based Speaking

I...

think...

the...

project...

will...

be...

successful.

Thought-Based Speaking

I think the project will be successful.

Same sentence.

Completely different experience.

Why Spanish Speakers Struggle Here

Spanish is generally more syllable-timed.

English is more stress-timed.

Spanish speakers often focus on producing every word correctly.

As a result:

- speech slows down
- pauses multiply
- rhythm disappears

The speaker becomes trapped in production mode. Instead of communicating ideas, they are assembling sentences piece by piece.

Diagnostic Test

Record yourself answering this question:

Tell me about your job.

Speak for 60 seconds.

Then listen.

Count:

Random Pauses

Example:

I work...
in customer service...
and I...

Count them.

Mid-Idea Breaks

Example:

```
I help customers with...
technical issues.
```

The thought was broken.

Count those too.

Scoring

Excellent

0-3 random pauses

Good

4-8 random pauses

Developing

9-15 random pauses

Needs Immediate Work

16+

Most struggling learners score above 20.

Daily Training Regime

Exercise 1

Thought Group Reading

Duration:

10 minutes daily

Take:

Any article.

Example:

*The company announced a new policy |
that will take effect next month |
for all employees.*

Read it aloud.

20 repetitions.

Goal:

Never pause inside a thought group.

Exercise 2

Slash Marking

Duration:

10 minutes

Take any paragraph.

Mark logical pauses.

Example:

*Last week / I attended a conference / about artificial
intelligence / in Miami.*

Now read it aloud.

Exercise 3

Controlled Breathing

Duration:

5 minutes

Read paragraphs aloud.

Only breathe:

- periods
- commas
- major thought boundaries

Never breathe because you are nervous.

Never breathe because you forgot what comes next.

Exercise 4

Speech Chunking

Duration:

10 minutes

Take this sentence:

Our team completed the project ahead of schedule because everyone collaborated effectively.

Break it into chunks:

*Our team completed the project |
ahead of schedule |
because everyone collaborated effectively.*

Read 20 times.

Weekly Challenge

Every Friday:

Record a 2-minute explanation of:

- your job
- your city
- your hobbies
- your family
- your goals

Listen back.

Mark every random pause.

Keep a log.

The goal is simple:

Every week the number decreases.

Common Mistakes

Mistake 1

Trying to sound American.

Wrong focus.

You cannot sound American if your rhythm is broken.

Mistake 2

Speaking Faster.

Speed does not create fluency.

Smoothness creates fluency.

Mistake 3

Reading Silently.

Speech improves through speech.

Not through silent study.

End of Module 1

Graduation Requirement

You can speak for:

- 90 seconds continuously
- with fewer than 5 random pauses

- while maintaining complete thought groups

Only then should you move to Module 2:

Fluency Development

Eliminating Hesitation, Stammering, and Mental Freezing

Because once rhythm is fixed, the next enemy is hesitation.

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Fluency Development

Eliminating Hesitation, Stammering, and Mental Freezing

Introduction

Most learners think fluency means speaking fast.

It doesn't.

Many people speak fast and sound terrible.

Others speak relatively slowly and sound highly fluent.

Fluency is not speed.

Fluency is the ability to maintain continuous communication without frequent breakdowns.

A fluent speaker can keep moving forward even when they:

- forget vocabulary
- make grammar mistakes
- lose their train of thought
- encounter unfamiliar topics

An unfluent speaker stops.

And every stop damages the listener's experience.

The Real Enemy

Many learners believe their problem is:

"I don't know enough English."

But after coaching hundreds of advanced learners, a surprising pattern appears.

Many already know enough English.

Their problem is that they cannot access their English quickly enough during real-time conversation.

Their knowledge exists.

Their retrieval system does not.

Imagine having a huge library.

Every book is there.

But every time someone asks a question, you need five minutes to find the correct book.

That's how many advanced learners speak.

The issue isn't knowledge.

The issue is access.

What Hesitation Sounds Like

Consider this response:

So yesterday I was...

uh...
trying to...
how do I say this...
trying to solve a problem...
with a customer.

Nothing is technically wrong.

But the listener experiences constant interruptions.

The conversation becomes tiring.

After a while, people begin focusing on the hesitation rather than the message.

Why Hesitation Happens

There are usually four causes.

Cause #1: Vocabulary Search

The speaker knows the word.

But cannot retrieve it quickly.

Example:

I need to...
uh...
the thing...
the machine...
the...
printer.

The word existed.

The retrieval failed.

Cause #2: Sentence Construction

The speaker starts talking before knowing where the sentence is going.

Example:

Yesterday I was...

because...

when I...

actually...

The brain is building the road while driving on it.

Cause #3: Perfectionism

This is one of the biggest causes.

Many learners secretly believe:

"I must say it correctly."

So they stop.

Correct.

Restart.

Edit.

Correct again.

Meanwhile, native speakers continue talking despite mistakes.

Communication keeps moving.

Cause #4: Fear of Judgment

Many learners monitor themselves constantly.

While speaking they are simultaneously thinking:

- Is my grammar correct?
- Did I pronounce that right?
- Do I sound stupid?
- What will they think?

This creates overload.

And overload creates hesitation.

The Core Principle

Movement Beats Perfection

A conversation is like riding a bicycle.

If you stop moving, you fall.

The same thing happens with speaking.

Listeners forgive:

- grammar mistakes
- pronunciation mistakes
- accent mistakes

What they struggle to forgive is constant stopping.

Continuous communication is more important than perfect communication.

New Rule

Never Stop Talking

This rule changes everything.

When you cannot find a word:

Do not stop.

Go around it.

Example

Instead of:

I need to buy a...

uh...

uh...

what's the word?

Say:

I need to buy something that helps me print documents.

Communication survives.

The listener understands.

The conversation continues.

Survival Language

Every fluent speaker uses survival language.

These are phrases that keep speech moving while the brain catches up.

Examples:

Clarifying

What I mean is...

Let me explain differently...

In other words...

Buying Time

That's a good question.

Let me think about that.

From my experience...

Rephrasing

Another way to say it is...

The easiest way to explain it is...

Basically...

Missing Vocabulary

The thing that...

The person who...

The place where...

Something used for...

These phrases prevent freezes.

Daily Fluency Regime

Exercise 1

The No-Stopping Drill

Duration:

10 minutes

Choose a simple topic.

Examples:

- your family
- your job
- your city
- your hobbies

Speak continuously.

If you forget a word:

Keep talking.

No stopping allowed.

No restarting allowed.

No apologies allowed.

Exercise 2

Timed Speaking Ladder

Duration:

15 minutes

Day 1

30 seconds

Day 2

45 seconds

Day 3

60 seconds

Day 4

75 seconds

Day 5

90 seconds

Eventually reach:

5 minutes continuously.

Exercise 3

Random Topic Challenge

Duration:

10 minutes

Create a list of topics.

Examples:

- coffee
- airports
- dogs
- technology
- exercise
- leadership
- movies

Pick one randomly.

Speak for 90 seconds.
No preparation.
This simulates real conversation.

Exercise 4

The Circumlocution Drill

One of the most powerful exercises for fluency.

Choose a word.

You are forbidden from saying it.

Example:

Word:

“refrigerator”

Describe it.

It's something people keep in their kitchen.

It keeps food cold.

You open and close the door many times every day.

You have communicated successfully without the word.

This skill dramatically reduces hesitation.

Exercise 5

Story Retelling

Duration:

15 minutes

Watch a short video.

1 minute long.

Retell the story.

Do not worry about exact words.

Focus on continuous delivery.

The goal is movement.

Not accuracy.

Weekly Challenge

Every week record:

Recording #1

Speak about a familiar topic.

3 minutes.

Recording #2

Speak about an unfamiliar topic.

3 minutes.

Count:

Fillers

- um
- uh
- er
- Restarts

Example:

- Yesterday I...
- Actually...
- No...

What I mean is...

Silent Pauses

Longer than two seconds.

Track everything.

The numbers should decrease every week.

Common Mistakes

Mistake 1

Stopping to fix grammar.

Bad:

*Yesterday I go—
went—*

sorry—

went—

Better:

Yesterday I go to the store.

Keep moving.

Fix later.

Mistake 2

Avoiding difficult conversations.

Fluency grows under pressure.

Not inside your comfort zone.

Mistake 3

Practicing only prepared speech.

Prepared speech creates confidence.

Spontaneous speech creates fluency.

You need both.

Signs You Are Improving

Week 2

Fewer freezes.

Week 4

Longer responses.

Week 6

Less fear of mistakes.

Week 8

*Ability to speak continuously for 3–5 minutes.*Week 8

Ability to speak continuously for 3–5 minutes.

Week 12

Conversations begin feeling automatic.

You stop translating.

You stop monitoring every word.

You begin focusing on ideas.

That is the beginning of real fluency.

End of Module 2

Graduation Requirement

You can:

- speak for 3 minutes continuously,
- recover smoothly when vocabulary is missing,
- use survival language naturally,
- maintain communication without freezing.

Only then should you move to **Module 3: Thought Organization**, where we address another major issue common among advanced learners:

“I can speak English, but my answers sound messy, disorganized, and difficult to follow.”

That is the next layer of transformation.

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Thought Organization

Turning “English Ability” Into Clear, Structured
Communication

Introduction

At this stage, something interesting usually happens.

The learner says:

“I can speak English now... but I don’t sound clear.”

This is a different problem from fluency.

In Module 2, we removed:

freezing

hesitation

stammering

constant stopping

Now the speech flows.

But flow alone is not enough.

Because now the problem becomes:

“I speak... but my ideas come out messy.”

The Real Issue

Many advanced learners can produce long sentences.

But the listener struggles to follow them.

Not because of grammar.

Not because of accent.

But because the ideas are not organized.

Example:

“Yeah so I went to the office yesterday because I had like a problem with my computer and also my manager told me something about the report but then I had to go back home and I was thinking maybe I should fix it today but actually the internet was not working properly so I couldn’t finish it.”

This is fluent.

But it is cognitively exhausting to follow.

What Native Speakers Do Differently

Native speakers don’t just “speak English.”

They structure thinking while speaking.

They usually follow predictable patterns like:

- Problem → Cause → Solution

- Situation → Action → Result
- Point → Explanation → Example
- Past → Present → Future

Even in casual speech, there is structure underneath.

The Core Problem

Learners often think in **associations**, not structure.

So ideas come out like this:

- computer
- office
- manager
- internet
- report
- home
- tomorrow

All correct ideas.

Wrong order.

No hierarchy.

No direction.

The Listener Problem

When speech is unstructured:

The listener must do extra work:

- reorder ideas mentally

- guess relationships
- infer timeline
- reconstruct meaning

This creates fatigue.

And fatigue leads to disinterest.

Even if English is correct.

The Core Principle

One Idea at a Time

Fluent speakers don't dump information.

They build it step by step.

One idea → finished → next idea.

Not five ideas competing at once.

The Framework You Must Learn

We will train one universal speaking structure:

WHO → DID WHAT → WHY → RESULT

This is the backbone of clear English speech.

Example Transformation

Before (messy)

“So yesterday I was at work and my manager told me about a problem with the report and I also had issues with my computer and I needed to fix it but the internet was down so I went home.”

After (structured)

“Yesterday I was at work.

My manager told me there was a problem with a report.

I also had issues with my computer, so I couldn’t fix it immediately.

Since the internet was down, I went home to continue working later.”

Same content.

Completely different clarity.

Why This Happens

Unstructured speech comes from:

1. Thinking in real-time chaos

You speak while thinking.

Instead of thinking first, then speaking.

2. No sentence planning habit

Learners start speaking without knowing:

- where the sentence is going
- how it will end

3. Overloading sentences

Trying to say everything in one breath.

The Mental Shift

You must learn to pause mentally BEFORE speaking.

Not physically stop talking.

But internally organize.

Even 1–2 seconds of planning changes everything.

Daily Training System

Exercise 1

The 3-Line Rule

Duration: 10 minutes daily

Pick a topic:

Example: “My job”

You must speak in 3 lines:

1. Situation
2. Explanation
3. Result

Example:

I work in customer service.

My job involves helping clients solve technical issues.

This requires patience and clear communication.

No extra ideas allowed.

Exercise 2

The Expansion Ladder

Take one simple sentence:

I went to the office.

Expand step by step:

1. I went to the office.
2. I went to the office yesterday.
3. I went to the office yesterday because I had a meeting.
4. I went to the office yesterday because I had a meeting with my manager.
5. I went to the office yesterday because I had a meeting with my manager to discuss a project update.

This trains controlled expansion.

Not chaotic speech.

Exercise 3

Idea Chunking Practice

Take a messy paragraph and break it into clean units.

Example:

Original:

“I was working and my computer stopped and I had to restart everything and I lost some files.”

Chunked:

- I was working.
- My computer stopped.
- I had to restart everything.
- I lost some files.

Now read it aloud.

Exercise 4

One Idea Per Breath

Read aloud.

Rule:

One idea = one breath group.

If you run out of breath, the sentence is too long.

Exercise 5

Story Structure Drill

Tell any story using:

1. Beginning (context)
2. Problem
3. Action
4. Outcome

Example:

I was at work yesterday.

I had an issue with my computer system.

I tried restarting it and checking the network.

Eventually, I was able to fix it and finish my tasks.

Weekly Challenge

Every week record:

1. Unstructured Speech

Talk freely for 2 minutes.

2. Structured Speech

Talk on the same topic for 2 minutes using:

- WHO → DID WHAT → WHY → RESULT

Compare:

- clarity
- ease of listening
- number of confusing moments

Your goal is not longer speech.

Your goal is clearer speech.

Common Mistakes

Mistake 1

Trying to sound advanced

Complexity is not clarity.

Simple structured speech sounds more professional.

Mistake 2

Combining too many ideas

One sentence = one idea.

Mistake 3

Speaking without mental planning

Even 2 seconds of planning improves clarity
massively.

Speaking without mental planning

Even 2 seconds of planning improves clarity massively.

Signs of Progress

Week 2

Speech becomes slightly more ordered.

Week 4

Listeners understand you faster.

Week 6

Less repetition and confusion.

Week 8

You naturally start organizing thoughts before speaking.

End Goal of Module 3

You can:

- speak continuously
- organize ideas clearly
- structure responses naturally
- avoid rambling
- make speech easy to follow

At this point, something important happens:

You are no longer just speaking English.

You are communicating like a clear thinker in English.

Next Module Preview

MODULE 4: Articulation & Clarity Training

Where we fix:

- unclear consonants
- weak endings
- muffled speech
- mouth movement precision
- intelligibility issues

This is where your speech starts to sound physically clearer—not just mentally organized.

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Articulation & Clarity Training

Making Every Word Physically Clear and Intelligible

Introduction

At this stage, something subtle becomes obvious.

The learner can now:

- speak without stopping (Module 2)
- organize ideas clearly (Module 3)
- maintain flow and structure

But people still sometimes say:

“I understand you... but I have to listen carefully.”

This is not a grammar issue.

Not a vocabulary issue.

Not even a fluency issue.