How I work with AI

A team of agents, a home lab, and my own voice

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CWNE #3 · Wireless LAN Professionals

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WHERE I STARTED

Alone with a chat window and a pile of notes

THE RESULTS

What we built since May 21

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6 platforms
Toolbox on iPhone, Android, Mac, Windows, web, WLAN Pi

260+ tools
in the Toolbox, all free

876 code changes
to the Toolbox since its first line on May 29

23 simulators
Wi-Fi Classroom teaching tools, with presenter mode

47 posts
published on LinkedIn

25 posts queued
written, approved, scheduled through Dec 31

735 image files
graphics, cards and carousels in the post folders

23 explainers
plain-English guides for the people who ask us for help

193 research briefs
facts checked across sources

16 + 41 reports
weekly LinkedIn analytics, and morning industry briefings

407 certificates
of training for 321 people, every email sent by me

468 contacts
in my own CRM, in plain text

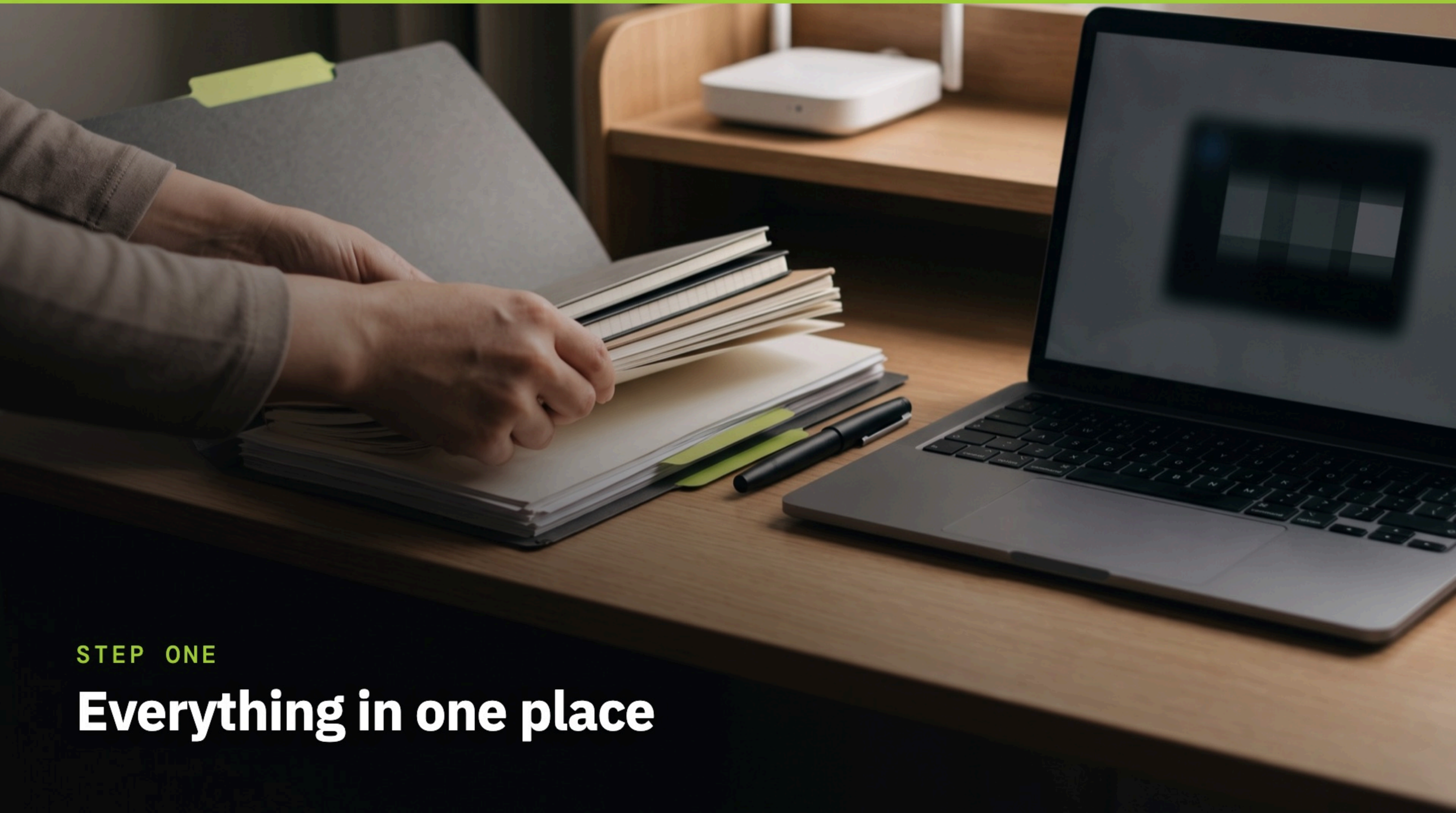
4 websites
Toolbox web, two Wi-Fi libraries, Home Base

32 chapters
storyboarded for a new book

PCAP analysis
packet captures, including in-flight airline Wi-Fi

5 AI nodes
on one private network, one of them in my bag

One person who knows Wi-Fi, and a team of AI roles.



STEP ONE

Everything in one place

WHERE IT ALL LIVES

One folder of plain text, on my own machines

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My AI folder/

├ **My Knowledge/**	notes, contacts, journal
├ **Team/**	a job description per agent
├ **Team Knowledge/**	rules, voice guide, memory, scripts
├ **Content/**	posts: drafts, queued, posted
└ **Deliverables/**	everything we build

Plain Markdown text. Any AI can read it, and so can I

Every change saved in git history

Backed up to my home NAS, a travel drive and the other Macs

OTHER AIs CHECK THE WORK

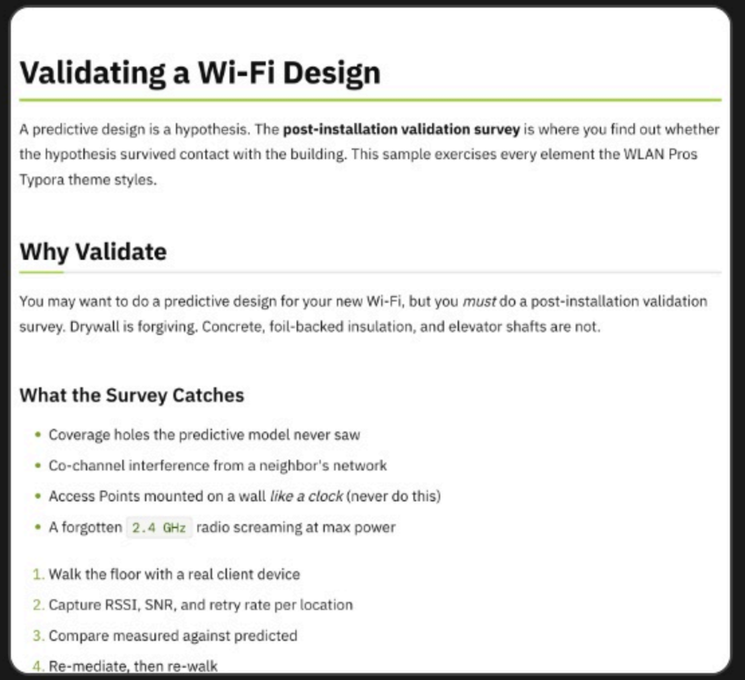
- A second AI, on a separate Mac, reviews finished work with fresh eyes
- A second opinion from another company's AI
- Local models read the same files, offline

They point out problems. They never rewrite. Every finding gets checked before anything changes.

THE TOOLS

Tools I use every day, and how I set them up

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Validating a Wi-Fi Design

A predictive design is a hypothesis. The **post-installation validation survey** is where you find out whether the hypothesis survived contact with the building. This sample exercises every element the WLAN Pros Typora theme styles.

Why Validate

You may want to do a predictive design for your new Wi-Fi, but you *must* do a post-installation validation survey. Drywall is forgiving. Concrete, foil-backed insulation, and elevator shafts are not.

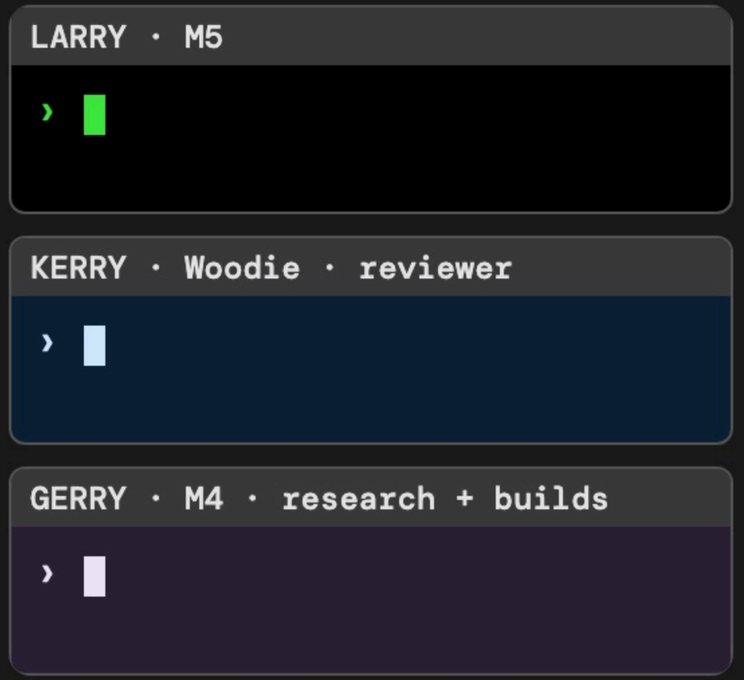
What the Survey Catches

- Coverage holes the predictive model never saw
- Co-channel interference from a neighbor's network
- Access Points mounted on a wall *like a clock* (never do this)
- A forgotten `2.4 GHz` radio screaming at max power

1. Walk the floor with a real client device
2. Capture RSSI, SNR, and retry rate per location
3. Compare measured against predicted
4. Re-mediate, then re-walk

Typora

Markdown editor with a WLAN Pros theme: our fonts, our lime



Ghostty

Terminal with one color per AI, so I know which machine I'm typing into



Markdown to PDF

Any note becomes a branded PDF: logo, cover, page numbers



STEP TWO

Teaching it how I write

SOUNDING LIKE ME

How we built my voice

1. **Started from my own whitepapers**
   Formal writing I wrote myself
2. **Added my LinkedIn articles, sorted first**
   Mine: learn from it. Ghostwritten or AI-touched: quarantine. Team drafts: leave out
3. **Learned from my edits**
   I edit a draft. The AI compares its version with mine and writes each change down as a rule
4. **Added my stories, word for word**
   I record them, they get transcribed on my own Mac, and they go in verbatim
5. **One voice guide every agent reads**
   The rules and samples load before anything gets written

RULES FROM MY OWN EDITS

~~spec~~ → **requirement**

Hashtags only for conferences and events

No em dashes

US spelling, metric first

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NOT SOUNDING LIKE AI

Safeguards before anything goes out

```
voice-lint · speaker notes for this talk

em-dash ..... 0
aphorism shape (chiasmus) ..... 0
'the honest X' qualifier ..... 0
engagement bait ..... 0
AI opener / filler phrase ..... 0
not X, but Y ..... 0
Wi-Fi casing ..... 0

=> PASS (hard hits: 0)
```

A real run, on the notes I'm reading from right now

1. **A linter checks every draft**
   It flags what readers spot as AI: em dashes, tidy one-line endings, "not X, but Y", filler openers
2. **I read it first**
   Nothing goes out until I have read it. A separate reviewer comes in only when I reject something
3. **Other AIs flag, never rewrite**
   A second model points at problems. The fix stays in my words
4. **Corrections become rules**
   Every fix I make gets written down, so the same mistake doesn't come back



STEP THREE

Then a team

MEET THE TEAM

Twelve roles, each with a job description

Larry
ORCHESTRATOR
Takes every request and does most of the work

Pax
RESEARCHER
Checks facts across sources before I use them

Penn
WRITER
Drafts posts, newsletters and my journal

Vera
QUALITY CHECK
Tests screens, and copy I send back

Charta
INFOGRAPHICS
Diagrams, charts and handouts

Pixel
IMAGES
Thumbnails and styled artwork

Iris
DESIGN SYSTEM
Keeps the WLAN Pros look consistent

Felix
FRONT END
Builds screens for the Toolbox app

Mack
AUTOMATION
APIs, scripts and connections

Silas
DATA
Imports, databases and tidy records

Vex
SECURITY
Security review before anything ships

Nolan
HR
Writes the job description for a new role

The same AI underneath. Each role gets its own written job description.

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WHERE THEY LIVE

Five AI nodes on one private network

MY MACBOOK PRO (M5)

LARRY lives here

LARRY · M5

› _

Works with me, keeps the records

MY IPHONE

Blink Shell: the same sessions, from my pocket

TAILSCALE

One private network, at home, in a hotel or on airplane Wi-Fi

KERRY Woodie, M4 MacBook Air, wood-grain cover

Reviewer: fresh eyes. Reports, never rewrites

GERRY the other M4 MacBook Air

Research and long builds

BARRY Ark, my Linux home server

Local AI models on my own hardware

TERRY Mac mini, traveling with me

Runs offline on a local model. No internet needed

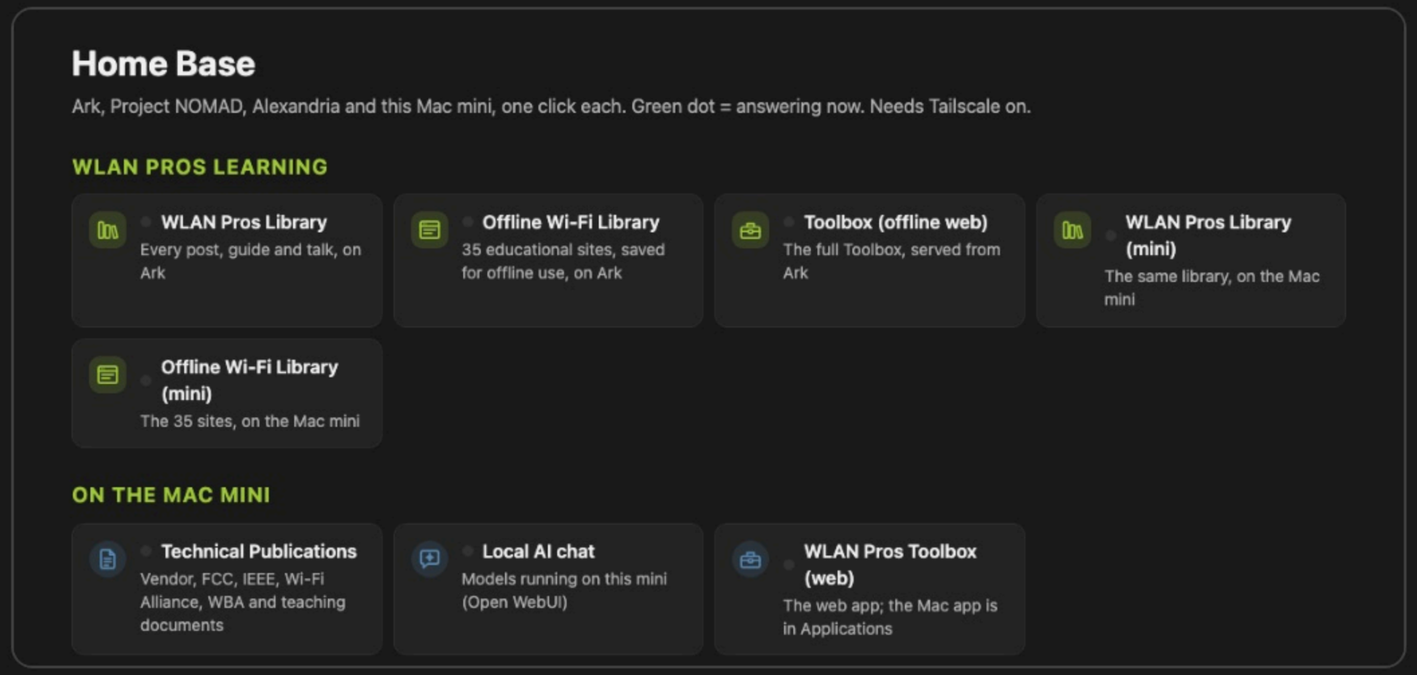
Ghostty
One colored window per node, opened with one command

tmux
Sessions keep running when my laptop sleeps or flies

Mosh
The iPhone connection survives switching networks

HOME BASE

One page for everything I run



Also on it: offline Wikipedia and courses, my home lab tools, photos and the NAS

WHY

Nothing to remember: no ports, no addresses. One tap, and a green dot shows what's answering.

HOW

One small web page on my home server, with a copy on the travel Mac mini.

ACCESS

Tailscale on, then tap it on my iPhone home screen or Mac Dock. From anywhere.

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PUTTING NAMES ON IT

MCP, RAG and agents: who does what

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ME

Decides

Sets the goal. Reads the result. Approves and sends.

goal

draft

AGENT

Does the work

Plans the steps, then picks when to look something up and when to use a tool.

RAG **Looks it up**

Retrieval-Augmented Generation

Pulls the right facts from my own notes and past work

MCP **Reaches out**

Model Context Protocol

A standard plug into web search, email, calendar and files

EXAMPLE: CHECKING A POST BEFORE I PUBLISH IT

1 ME	2 AGENT	3 RAG	4 MCP	5 AGENT	6 ME
I ask: is this right, and have I said it before?	Plans the check	Searches my past posts and notes	Web search for sources	Writes a short brief with links	I read it and decide

WHERE MY AI SYSTEM FITS

MCP, RAG, agents, and the layer the diagram leaves out

LAYER	WHAT IT DOES	IN MY SYSTEM
RULES + MEMORY **Not on the usual diagram**	What the AI is allowed to do, and what it has learned	**MOST OF MY EFFORT** **Written rules, checks before anything ships, and mistakes turned into new rules**
AGENTS The action layer	Plans the steps and does the work	**HEAVY** A team of AI roles that research, write, build and check
RAG Retrieval-Augmented Generation	Looks up the right facts before it answers	**DIFFERENT** It searches and reads my own notes directly. Mostly no vector database
MCP Model Context Protocol	A standard plug into tools: search, email, files	**LIGHT** A few connections. Most are plain scripts and SSH to my own machines

The AI drafts. **I still send every email and post every post myself.**

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WHAT'S NEXT

Where this is heading

More local

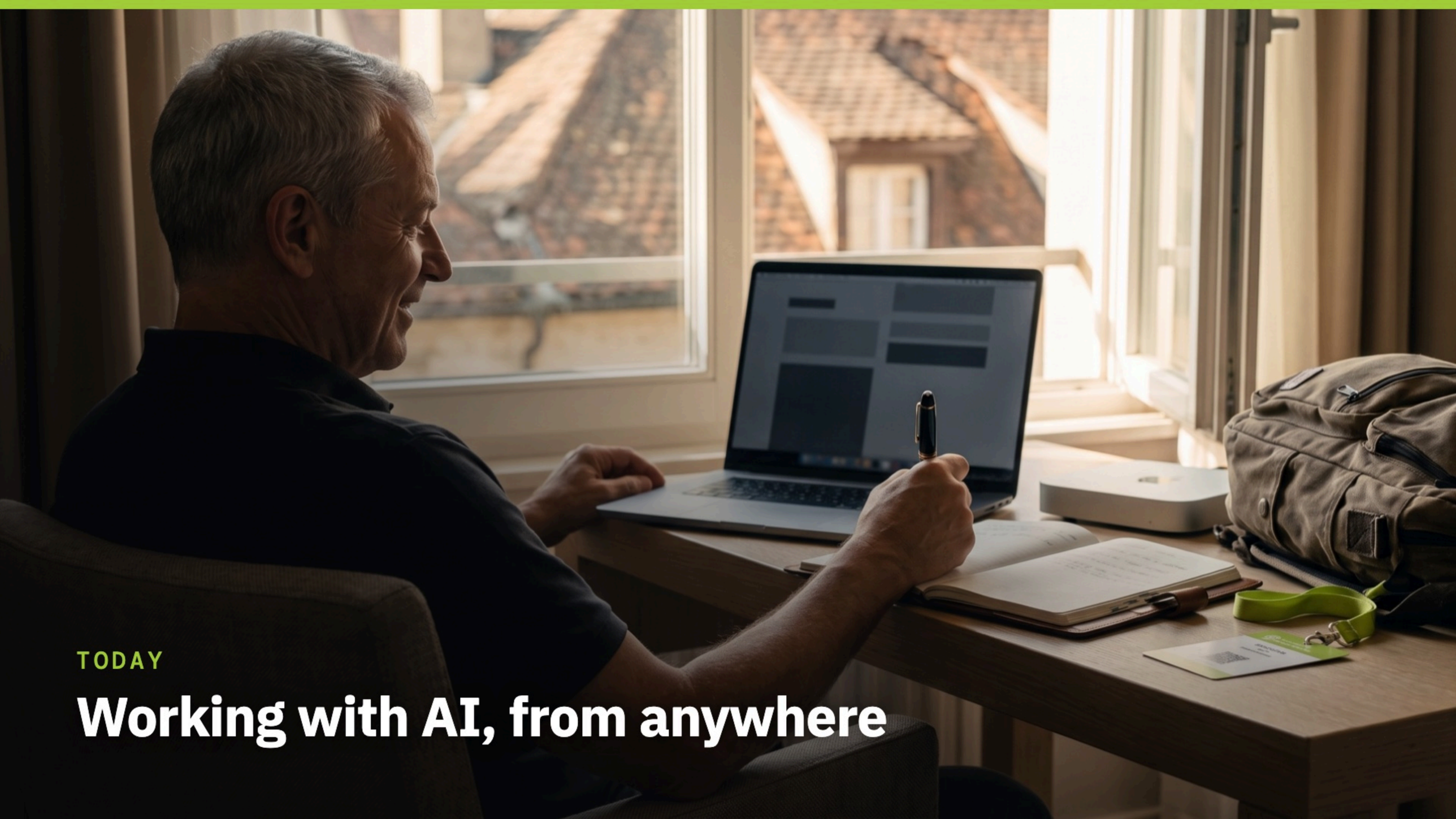
AI on my own hardware. The Mac mini on this trip runs with no internet at all

More checking

A second AI on a separate machine reviews the work before I see it

Same rule

I set the goal, I read the result, I hit send



TODAY

Working with AI, from anywhere

YOU CAN DO THIS TOO

How to start, with a plan

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1. **Pick one AI tool and one folder**
   Plain text, on your own machine, backed up

2. **Write down who you are**
   Your work, your audience, and samples of your own writing from before AI

3. **Give it one weekly job**
   A report, a post, a research brief. Get that one working well

4. **Write every mistake down as a rule**
   The rules are the system. This is where most of my time went

5. **Add roles only when one gets overloaded**
   A researcher first, then a reviewer that checks the others

6. **Add checks, and keep the send button**
   A voice linter, a second opinion, and you read it before it ships

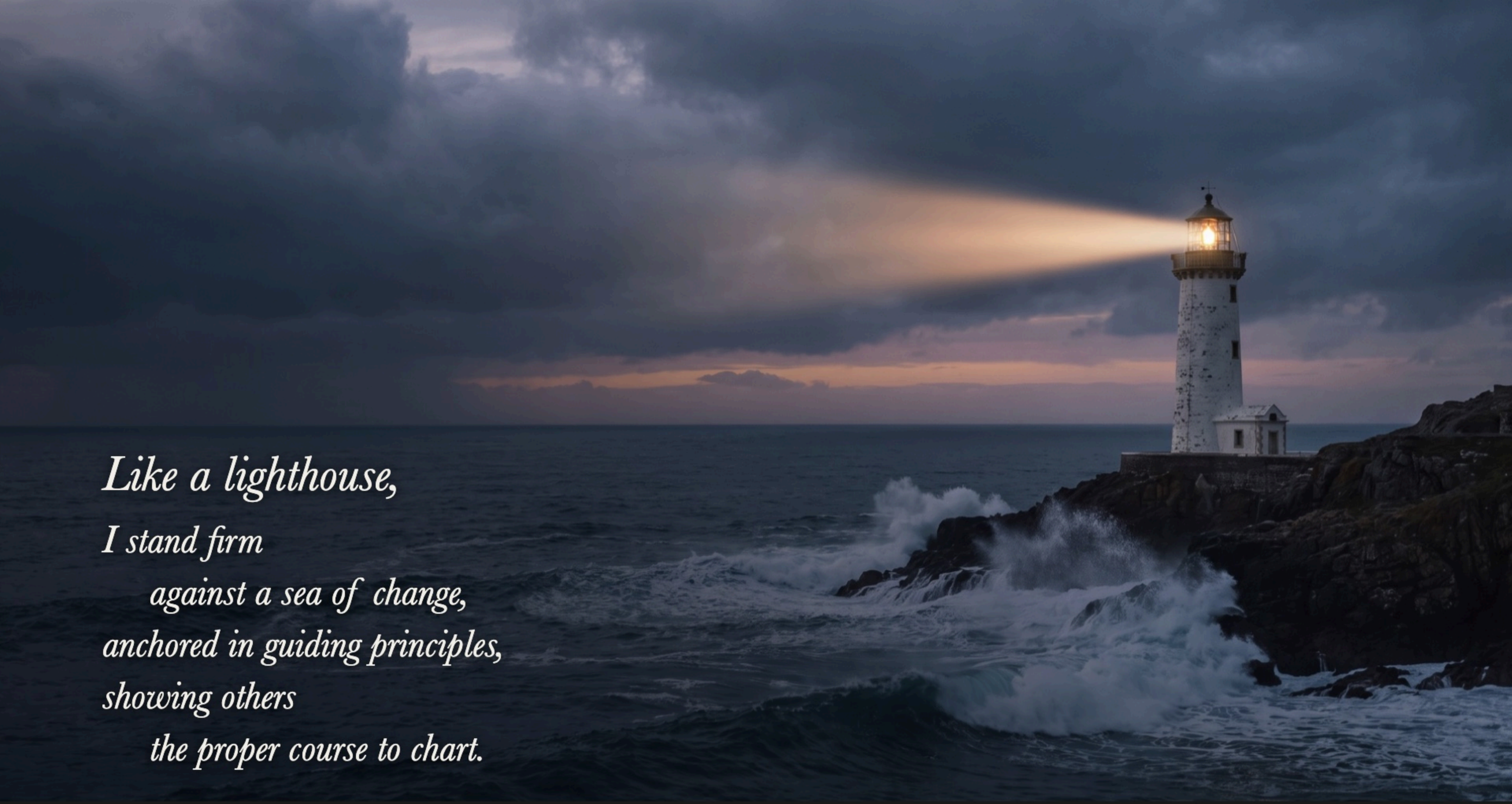
THE CLOSING ARGUMENT

What it took

AI made the work **faster**.

My **Wi-Fi background** made it useful: knowing when an answer is wrong, and what my audience needs.

To start, you need **a plan, a folder of rules, and time to do the work**.



Like a lighthouse,
I stand firm
against a sea of change,
anchored in guiding principles,
showing others
the proper course to chart.