1. **Sprint Planning :** Before a sprint starts, some planning preparation work happens.
2. **Daily Stand-Up :** We discuss what I did yesterday, what I will do today and if any hurdles.
3. **Sprint Review :** We discuss what is current situation, what is on track and what is not on track we can discuss ways to get most of the things done as per plan.
4. **Sprint Retrospective :** Discuss what went well throughout the sprint and what went wrong. So, the goal of the Sprint Retrospective is to gather rapid feedback for continuous improvement in terms of process.

Additionally, this meeting is a good time to emphasize good practices that the team adopted and should repeat.

Summing all up, this ceremony works as a tool for risk mitigation in future sprints.