Exercise 3.2

Agile projects may have less effort required compared to traditional projects. What factors are responsible for this phenomenon?

Several factors contribute to the perception that agile initiatives need less effort than traditional ones. These include iterative development, adaptability to change, frequent communication and cooperation, customer participation, early and continuous delivery, a focus on individuals and interactions, cross-functional teams, workable solutions, and continual improvement.

Iterative development uses short, concentrated cycles known as sprints, which enable teams to deliver smaller, incremental product releases. Agile is extremely adaptive to changing requirements, minimising the likelihood of large-scale rework and providing greater flexibility in responding to evolving client needs. Regular communication and collaboration among team members, stakeholders, and customers reduces misconceptions and speeds up decision-making.

Customer engagement is encouraged throughout the development process, lowering the likelihood of large changes later in the project. Agile stresses the delivery of working software early and often, ensuring that the project begins to generate value sooner and allows for continual changes based on user feedback.

The emphasis on humans and relationships over processes and tools results in more efficient and direct communication, which reduces the need for lengthy documentation and allows for faster decision-making. Cross-functional teams with various abilities reduce reliance on external teams while streamlining the development process.

Continuous improvement is supported by regular reflection on procedures and performance, as well as early identification and resolution of concerns. The perceived reduction in effort can vary based on the environment, project size, and team experience.