# **What Is Agile?**

The Agile methodology is a way to manage a project by breaking it up into several phases. It involves constant collaboration with stakeholders and continuous improvement at every stage.

Once the work begins, teams cycle through a process of planning, executing, and evaluating. Continuous collaboration is vital, both with team members and project stakeholders.

Agile is an iterative approach to project management and software development that helps teams deliver value to their customers faster and with fewer headaches. Instead of betting everything on a "big bang" launch, an agile team delivers work in small, but consumable, increments. Requirements, plans, and results are evaluated continuously so teams have a natural mechanism for responding to change quickly.

The [Agile Manifesto of Software Development](http://agilemanifesto.org/" \t "_blank) put forth a groundbreaking mindset on delivering value and collaborating with customers when it was created. Agile's four main values are:

* Individuals and interactions over processes and tools
* Working software over comprehensive documentation
* Customer collaboration over contract negotiation
* Responding to change over following a plan

So what is Agile methodology in project management? It’s a process for managing a project that involves constant collaboration and working in iterations. Today, the word Agile can refer to these values and the frameworks for implementing them, including Scrum, Kanban, Extreme Programming (XP), and Adaptive Project Framework (APF).