I have used the Scrum agile project methodology and worked there for 16 weeks. The duration of a sprint I have determined to be 2 weeks.

Scrum is a way to work to develop a product. Product development, using Scrum, occurs in small pieces, with each piece building upon previously created pieces. Building products one small piece at a time encourages creativity and enables us to respond to feedback and change, to build exactly and only what is needed.

More specifically, Scrum is a simple framework for effective collaboration on complex projects. Scrum provides a small set of rules that create just enough structure for us to be able to focus our innovation on solving what might otherwise be an insurmountable challenge.

However, Scrum is much more than a simple framework. Scrum supports our need to be human at work: to belong, to learn, to do, to create and be creative, to grow, to improve, and to interact with other people. In other words, Scrum leverages the innate traits and characteristics in people to allow them to do great things.