

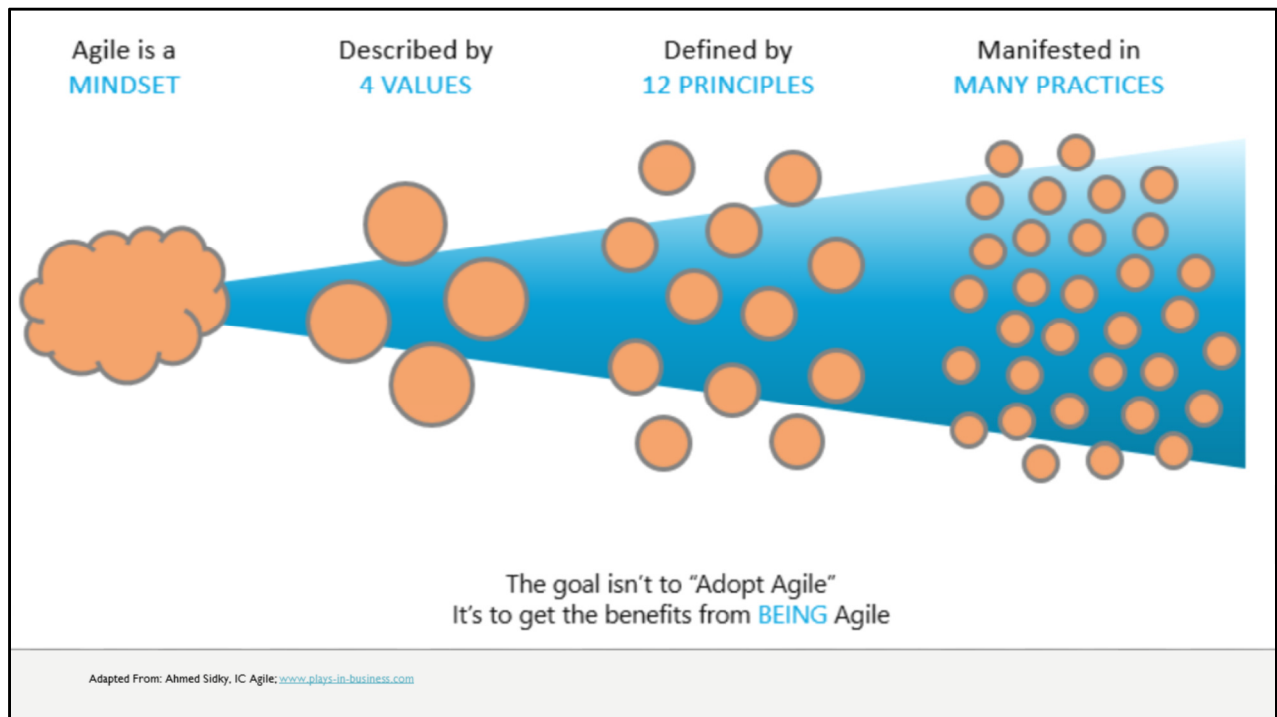


HI!

**BRANDY CHURCHILL
AGILE COACH, CH ROBINSON**

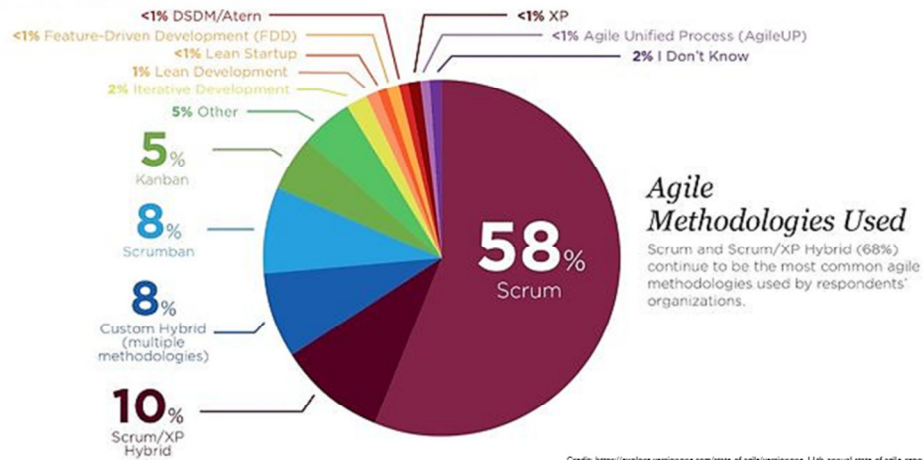
WTF IS AGILE?

LET'S EXPLORE!

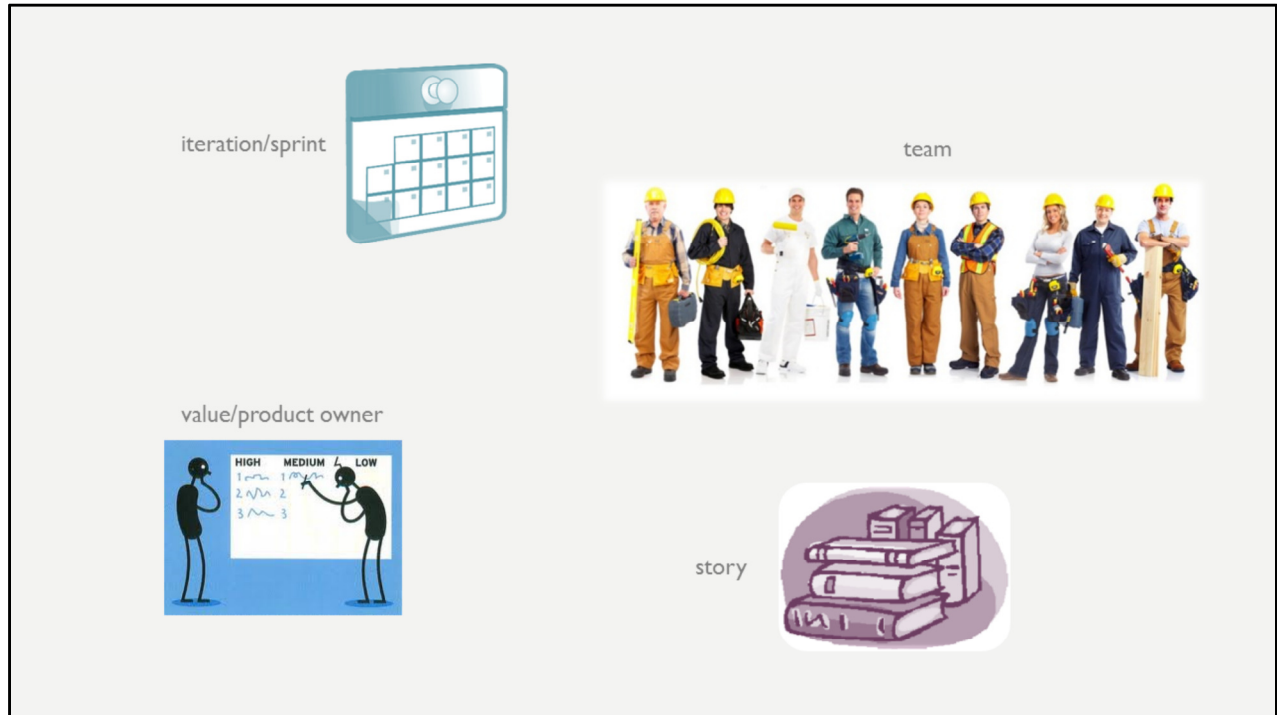


Agile is a MINDSET shown and grown through principles and values like openness, user focus, people over process, trust, honesty, communication, etc. We develop the agile mindset and live the values/principles by practicing – aka by implementing some kind of methodology that helps our mindset (and values, principles) flourish.

AGILE METHODS AND PRACTICES



There are lots of frameworks (more than are listed here) for applying agile principles at work. (Really? 2% of respondents don't know what kind of agile method they practice? 😊)



Iteration/Sprint – span of time, usually unchanging, for which the team plans and executes work items (stories) – most common sprint length is 2 weeks, but varies!

Team – individuals who work together toward a common goal (and delivery of value), with help from management, scrum master/agile coach, product/value owner and stakeholder

Value/Product Owner – individual (sometimes a team of people) who represent the interests of the business/user(s)/customer(s), and helps the team understand priority

Story – a unit of work that, when finished, delivers (or is ready to deliver, in the next release) value to the users, usually small enough to be completed in one iteration



**STAND
UP!**

(YEAH, REALLY! STAND UP! 😊)



STANDUP

Let's go around the room – give your name and 5-10 words about what you'd like to learn today!

Congrats! You just experienced standup, one of the easiest and most common parts of agile teams/team processes – a “team huddle” (checkpoint) on a regular basis (usually daily)



**LET'S
PLAN**



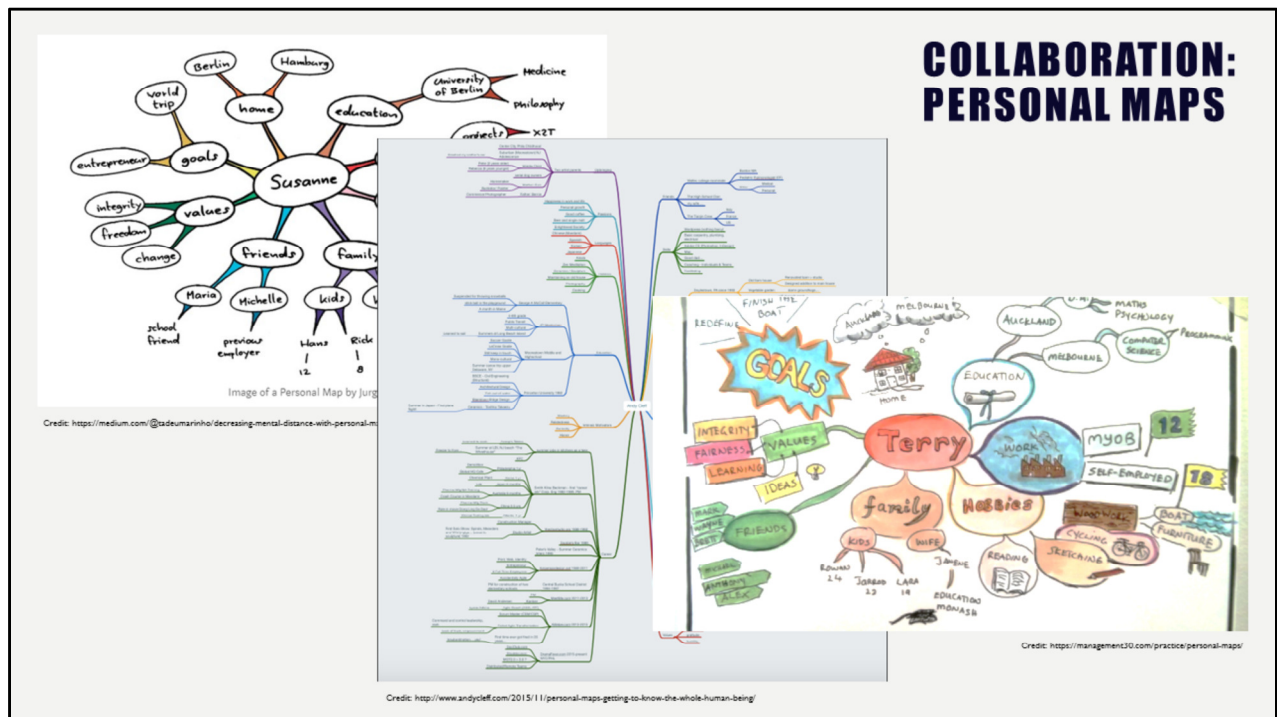
Review backlog of upcoming work (in our case, a number of activities that help us build an agile mindset)

Prioritize – and, normally, decide how much work is reasonable to pull in for an iteration – though we’ll prioritize our topics and do the best we can to get through them today

“Pull in” top priorities we think we can complete (in our case, prioritize and just get through what we can)

One myth you often hear about agile is that there’s not a plan – that’s truly just a myth!

What your plan looks like just depends on what detail in a plan your team needs to be successful. This is what helps a team check in on whether they’re working on the most important thing they can for the next iteration, gives their leadership and business stakeholders a chance to reprioritize, and creates a checkpoint for the team to “kick off” an iteration.



It's important for teams to understand how their teammates work and think – what's important in their lives, what they value, where they've been! This lays the foundation for open communication and healthy relationships.

Start a personal map.

Share one or two items with a partner!

Deposits (+)	Withdrawals (-)
Listen, empathize, understand	Disregard the individual
Keep promises and commitments	Break promises or commitments
Clarify expectations	Violate or do not state expectations
Show kindness and courtesy	Be terse, unkind, confrontational
Be honest, be faithful, be direct	Pride, conceit, arrogance
Accept feedback gracefully	Place blame, ignore feedback
Apologize when you make a withdrawal	Make withdrawals without making amends
Total: <input type="text"/> (+/-)	

Adapted From: Stephen Covey
<https://mayabintiaz.wordpress.com/2013/07/02/building-the-emotional-bank-account/>
http://integratedleader.com/wp-content/uploads/2011/03/Your_Emotnal_Bank_Acct.pdf

TRUST: EMOTIONAL BANK ACCOUNT

Think of someone you need to have a successful relationship with...perhaps a client or customer! (could also be a colleague, neighbor, friend...anything goes 😊)
 With that person in mind, think of where you rank yourself on each item. Do you have a debit or a credit in your account with them?

Interesting thought: if that person did this activity with you in mind, would they rank themselves as having a debit or credit with you? What do YOU think they have with you: debit or credit?

MR. MESSY

By Roger Hargreaves







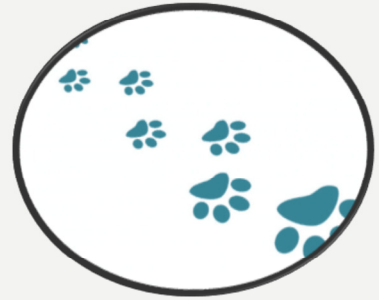
SIMPLICITY: BREAK IT DOWN

1. What's a messy, scary, or large problem you're facing right now?
2. What are the things that might make the situation better?
 - 3a. Which of those things are in your control?
 - 3b. What is ONE thing you can start on now?

Better to start small and make some progress than to be frozen by the size of the problem and solutions and never make any progress at all!

REFLECTION: LOVED, LEARNED, LONGED FOR

Mulling over the past week...



What was something you loved?

Learned?

Longed for?

And...What is something you can do to make what you longed for a reality?

How common is impostor syndrome?



Background info adapted from several sources on Impostor Syndrome for another presentation.

Turns out impostor syndrome is super common – it's likely it affects you, and most of the people you know (at least at some point in life).

Impostor syndrome makes you feel like you're not worthy of contributing – and courage is a big part of agility. Can't speak up, help out, or ask for help if you don't have courage!

COURAGE: STAY TRUE TO YOU



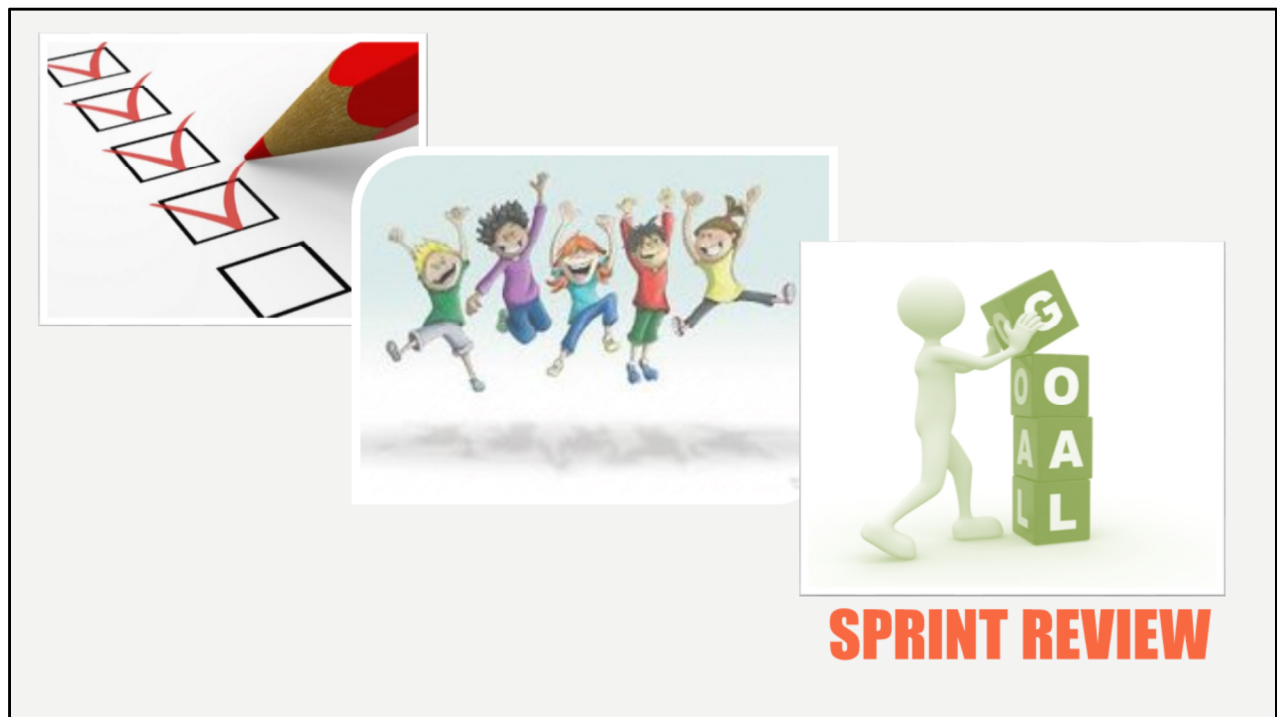
WHO'S AWESOME?
YOU'RE AWESOME

Exercise from:
<https://github.com/hypatia/virtuoso/>

One way to start to overcome impostor syndrome: reaffirm your own values for yourself, to remind yourself what matters and that you are a good person (and you are unique – other people's values may not be your own!)



**LET'S
REVIEW**



What did we achieve?

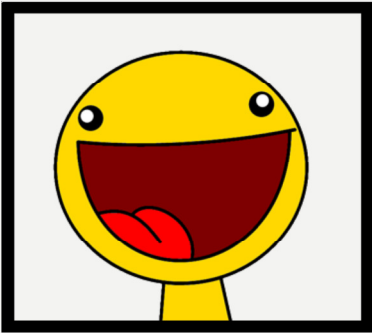
Does the work completed match the expectations of our stakeholders?

How does what we did this iteration feed into the bigger picture of our work?

(For today's purposes, what did we learn? Is it what we expected to learn? How will this relate back to our understanding of software development work overall?)



**LET'S
IMPROVE**



SPRINT RETROSPECTIVE

What did we do well?

What could we improve?

What's the most important thing to improve, and what's something we can do about it?
(For the purposes of this presentation, what did we like about today? Anything that could have been improved? What could we do to make that better for future presentations (whether this presentation specifically, or other monthly meetup presentations)?)



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