

# Team Peace of Mind:

## Harnessing the Power of Flow for Happier Teams and Higher Quality Deliverables

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POMIET  
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# #devflow

# Path To Agility

May 20 + 21, Columbus

<http://www.thepathtoagility.com/>

# What Makes You Happy?

# OPTIMAL EXPERIENCE





# Conditions for *flow*

# GOAL



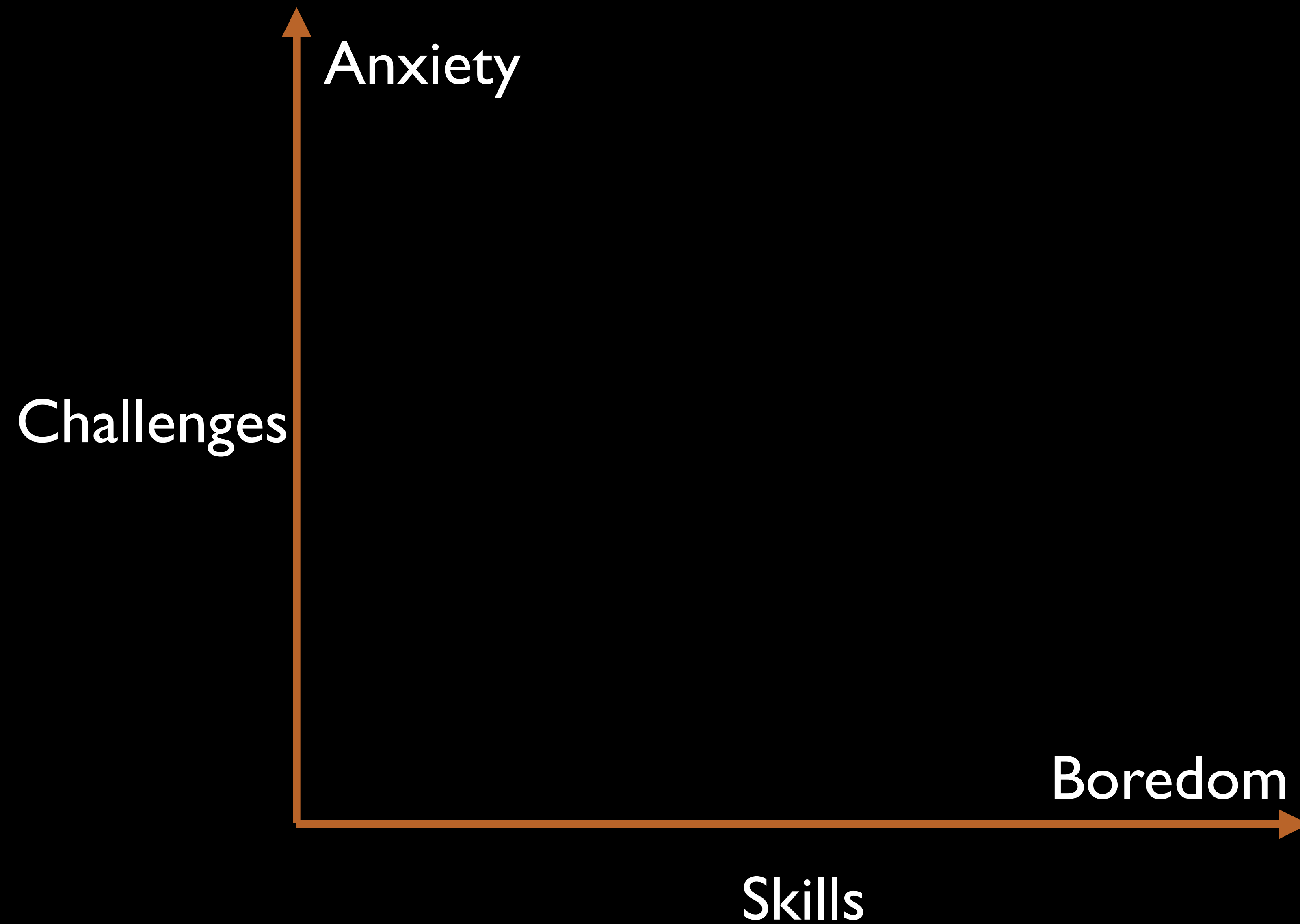
# FEEDBACK

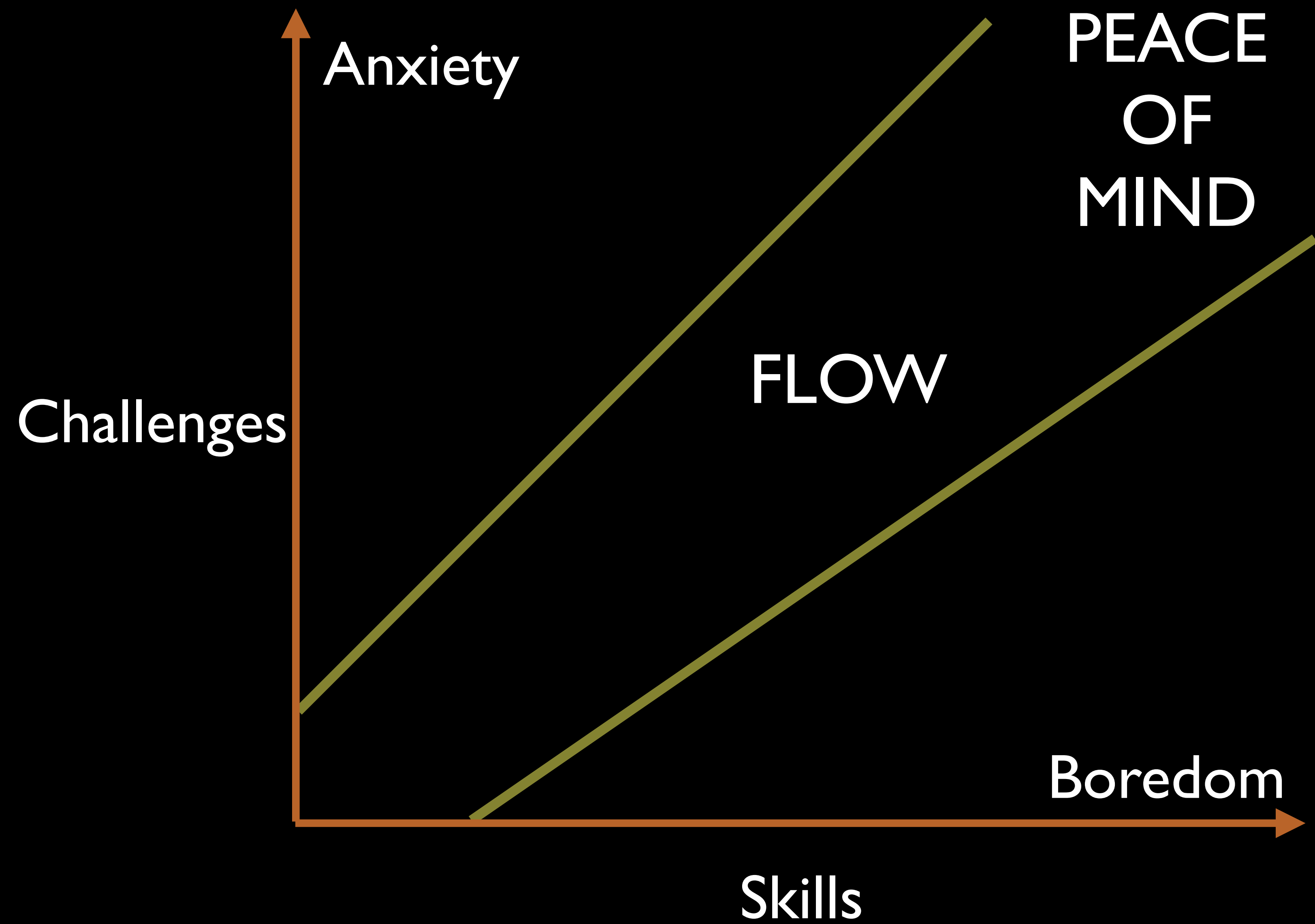
Balance between  
**CHALLENGE**  
and  
**SKILLS**



Challenges

Skills





What does  
this look like  
in your  
world?



GOAL

Product Backlog

Sprint Backlog

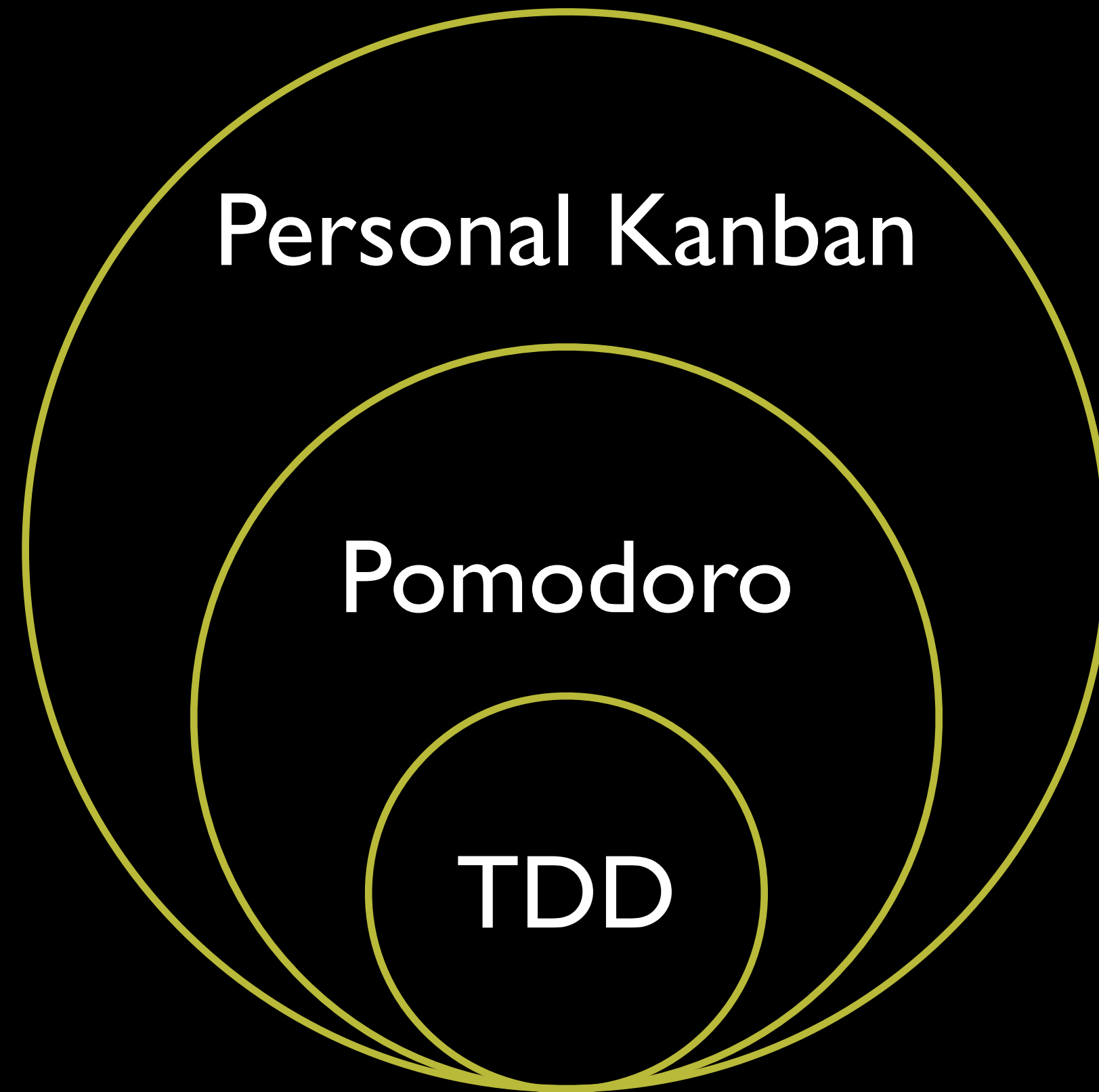
Sprint Goal

FEEDBACK

Builds

Automated Tests

PEACE OF MIND



PEACE OF MIND

Personal Kanban

Personal Kanban

To Do

Doing

Done







GOAL

# Workload Clarity

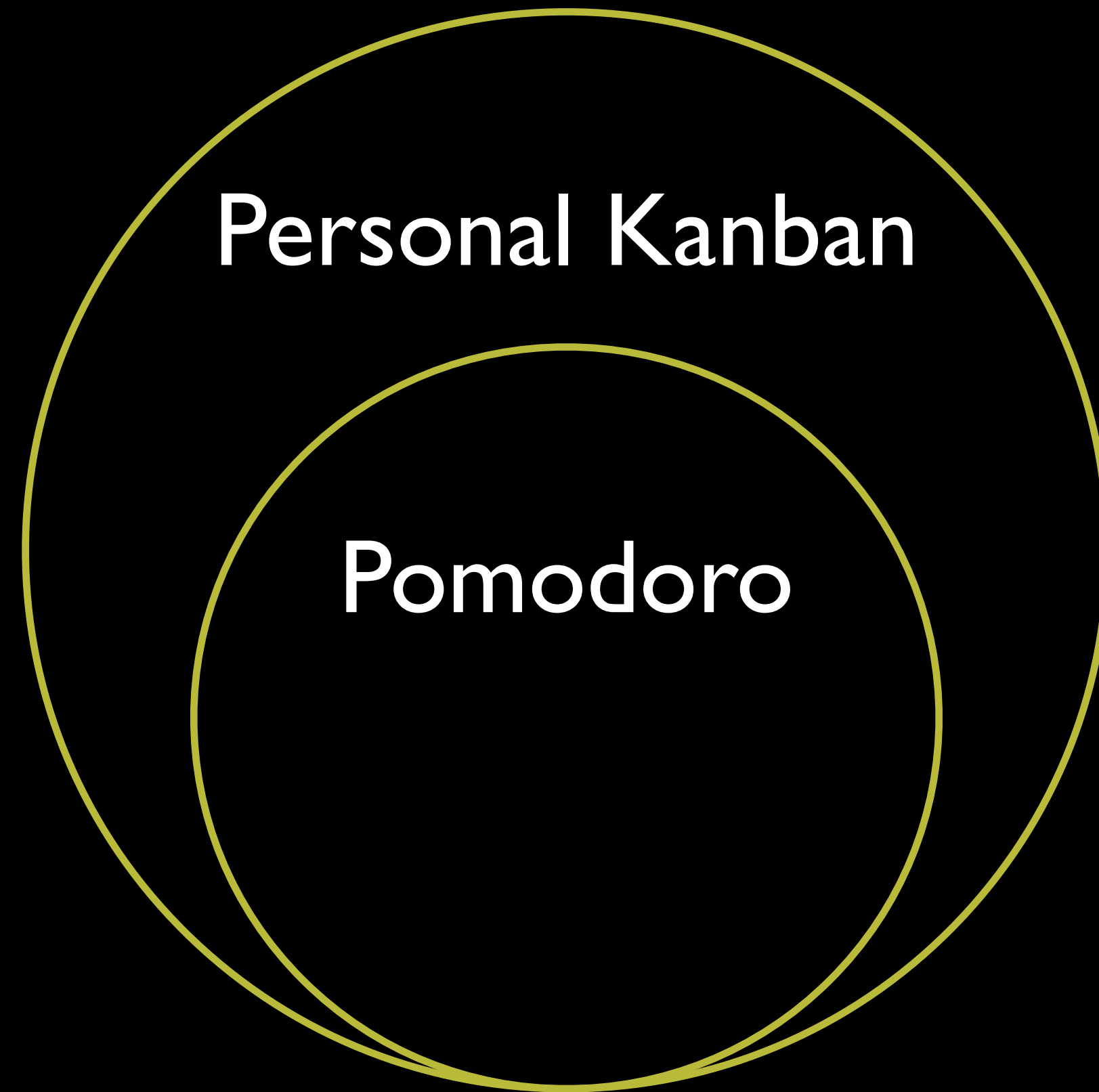
FEEDBACK

# Visualize WIP Track Efficiency

# CHALLENGE & SKILL

# Workload Clarity

# Identify Skill Gaps



Pomodoro Technique

# PICK A TASK



# WORK ON IT FOR 25 MINUTES

# TAKE A BREAK





## Daily Reminder

*Project Report*

Date 12/17/2013  
Location Pomiet

Planning  
Standup

T

Date  
Location

## Daily Reminder



### To Do Today







GOAL

# Pomodoro Tasks

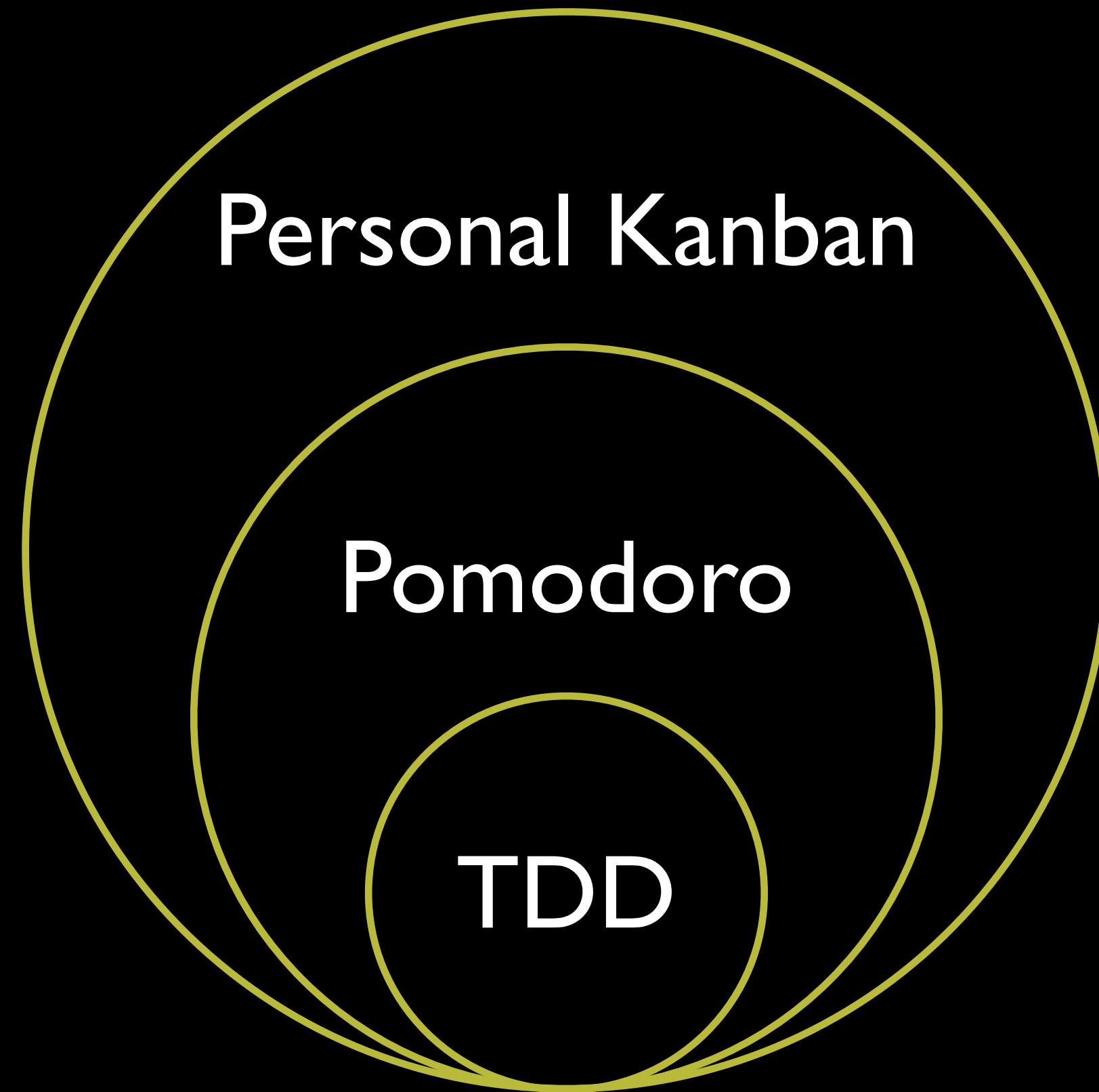
FEEDBACK

Track Progress

Track Interruptions



# CHALLENGE & SKILL Accomplishable Tasks



Test Driven Development

# RUN THE TEST

# CHANGE THE TEST

# CHANGE THE CODE



GOAL

Write the Test

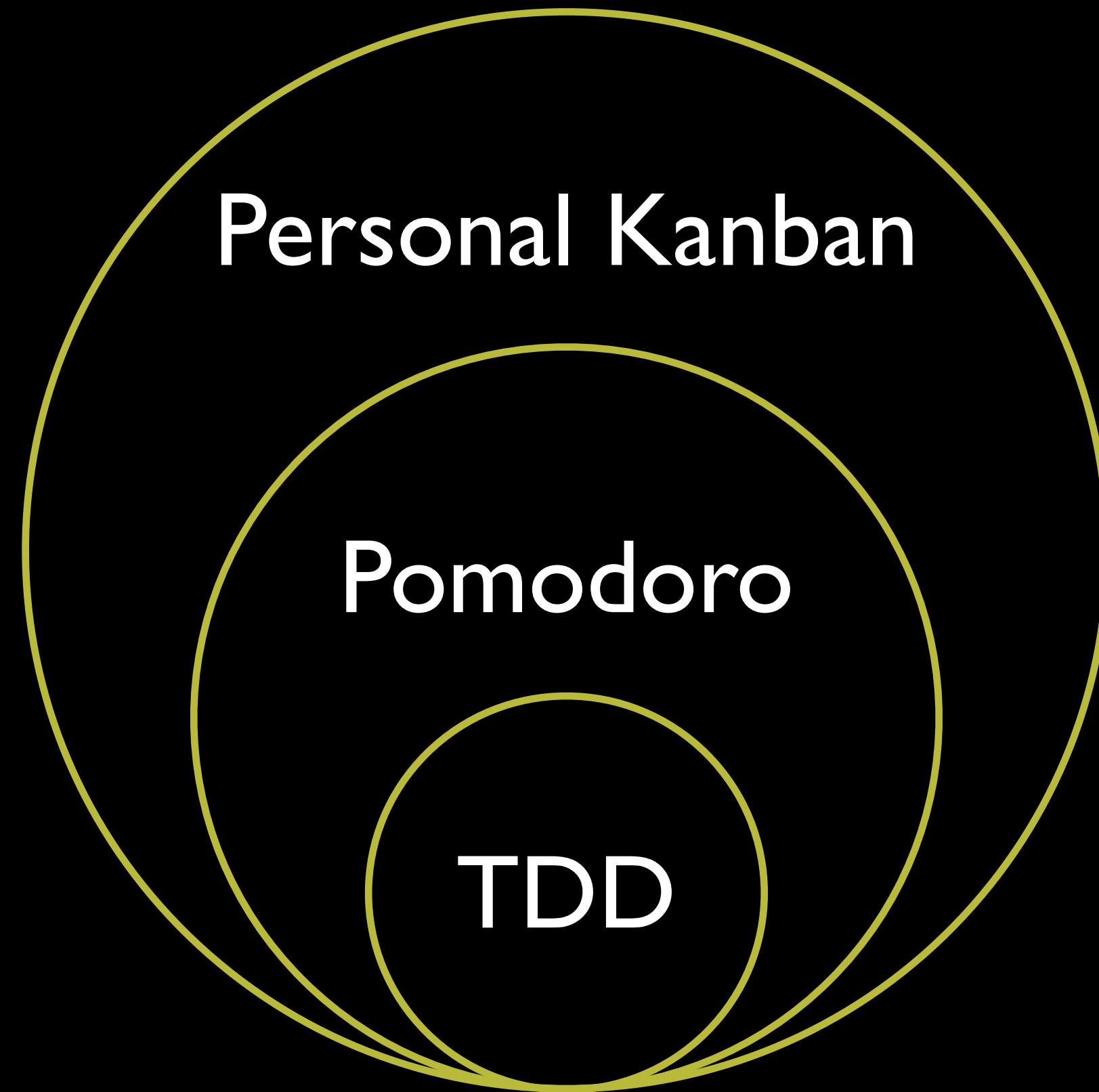
FEEDBACK

Run the Test

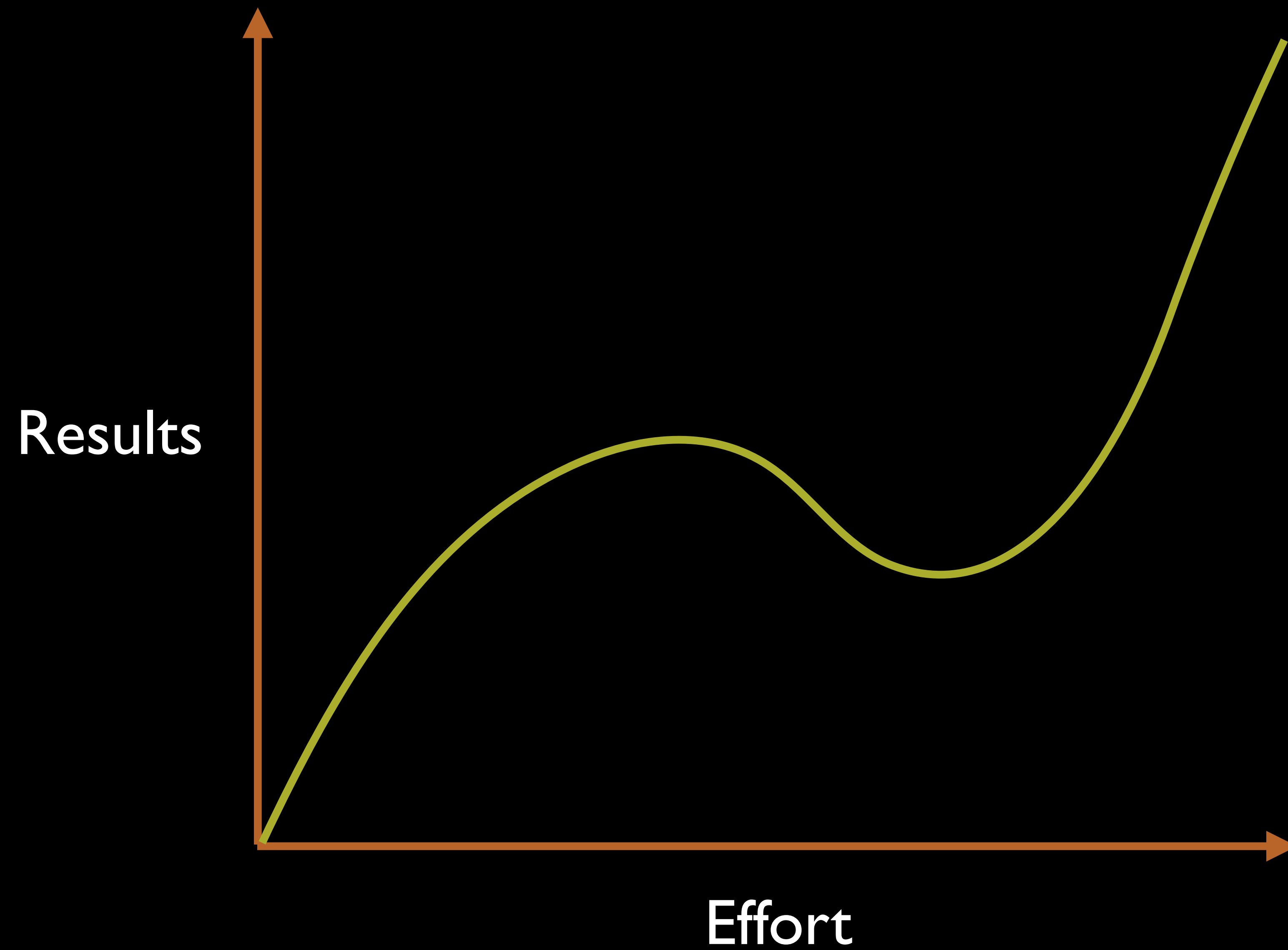


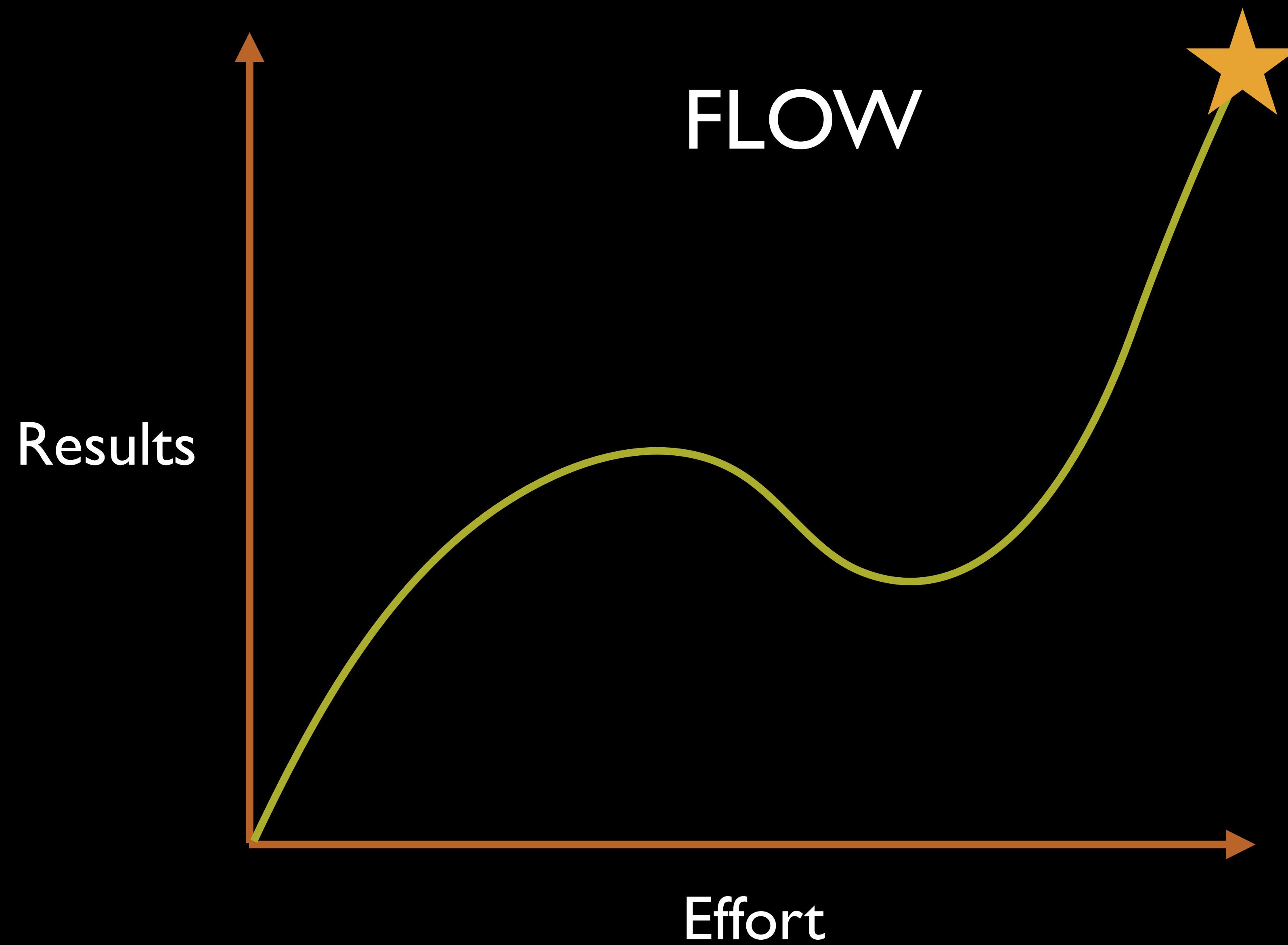
# CHALLENGE & SKILL

# Confidence



PEACE OF MIND







# What about *you*?

What are you going to do to promote  
*Peace of Mind?*

[www.pomiet.com/your-voice/](http://www.pomiet.com/your-voice/)

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