Insight one - Scrum seems to be a very powerful tool, IF you use it correctly, and in a large group it's vital to have a good structure and a well planned workflow.

Insight two - to ask the right questions, both to make sure the Product owner is satisfied with the result, but also to have a clear communications regarding what's realistic to produce in the sprint.

Insight three - in order to improve from one sprint to the next, retrospective plays an extremely important role, and should not be neglected. Since this seems to one of the, if not the most, important aspect in regards to improved performance from one sprint to the next.

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