

Rickard Åberg | Agile Project Manager | MSc Software Engineering

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Professional Summary

Senior Agile Project Manager and Consultant with over 10 years of experience leading cross-functional teams in international environments. Specialized in GDPR compliance, DevOps transformation, trauma-informed group facilitation, and agile delivery. Fluent in Swedish, English, and French (C1). Proven success in telecom, finance, healthcare, and public sector projects. Strong technical background in Java, DevOps toolchains, and fullstack environments.

Languages

Swedish: Native

English: Professional proficiency

French: C1 – Used professionally at École des Mines, Nantes

Selected Projects

RMTS for Depression **Malmö, Sweden**
Project Manager, VNS + HRV Tracking *2025–*

Led a project using Vagus Nerve Stimulation and HRV tracking to support patients with anxiety, stress, and depression. Integrated signal processing tools (DFT, FFT) and Arduino-based hardware. Agile leadership using Kanban and Trello.

ACOA via Zoom **Remote**
Trauma-Informed Facilitator (Volunteer) *2020–2025*

Facilitated over 100 trauma-sensitive peer-support meetings using IFS and NVC principles. Developed transferable skills in group regulation, deep listening, and Scrum-style moderation (timeboxing, group conscience).

Verisure Innovation **Malmö, Sweden**
Sub Project Manager, GDPR Compliance *2017–2018*

Managed internal GDPR compliance project for employee-facing apps. Coordinated legal, IT and product teams to implement consent and transparency features.

Nordea **Copenhagen, Denmark**
Senior PM / Scrum Master *2014–2015*

Drove DevOps transformation and agile coaching across infrastructure and development teams. Facilitated agile ceremonies, vendor coordination (AWS, Tibco), and hands-on contributions in Java and Spring Boot.

IKANO Bank **Nordic Region**
DevOps Lead / PM *2012–2014*

Led rollout of CI/CD practices, tools (CA Lisa/Nolio, Jenkins), and cross-country knowledge transfer. Reduced deployment errors and resourcing by 75%. Technologies included .NET, BizTalk, SQL Server.

IKEA IT

Älmhult, Sweden

Project Coordinator, Custom Worktop

2008–2009

Managed IT rollout across multiple countries for customized kitchen worktop ordering system. Bridged global systems and local operations.

Education

Linköpings Tekniska Högskola

MSc in Computer Science and Engineering

1996–2003

Focus in Security, AI, Embedded, Real-time

École des Mines de Nantes

France

R&D Engineer / MSc Thesis

2003–2004

Research in component frameworks and event-based AOP

Technology Stack Summary

Languages: Java, Python, JavaScript (React), SQL, Lisp, OCaml, C, Assembler

Frontend: React, Angular, Vue, HTML/CSS, Bootstrap

DevOps: Jenkins, Git, Docker, Kubernetes, Azure, AWS, Terraform

Integration: TIBCO, Mule ESB, ActiveMQ, RabbitMQ, BizTalk

Methods: Scrum, Kanban, SAFe, ITIL, Continuous Delivery

Tools: Jira, Confluence, IntelliJ, Postman, ServiceNow, SCOM

References

Available upon request