The evolution of work, how one performs tasks, number of people involved, positions held, tools used, and quality of products produced changes as technology advances within a society. These eras of technological advancements changed our purview of how work is done; for example, the Industrial Revolution an increase of "management" positions was needed as the world benefited from mass production and required someone to oversee the work and products produced and to the World Wars where mass production lines and resource management emphasized and drove the need for streamlined and efficient work.

Unlike the past where all products were physical, can be held and inspected, a stage in the manufacturing process can be done by one person, be streamlined from one stage of manufacturing to the next, until a final finished product is produced; now, in the modern age, traditional work culture and development are being challenged as the products produced are digital. The two most important topics from chapter one "Why Agile and Lean Approaches Work" in Johanna Rothman's book "Create Your Successful Agile Project: Collaborate, Measure, Estimate, Deliver" are agile is a cultural change, and iteration and Flow-Based Agile.

Traditional workflows developed empathized both efficacy and proficiency, where one person would presume some level of mastery and can work in a relative silo. This may have been okay in a production line, but digital technologies are built on top of the ideas, implementations, and internal or external hardware; for this reason, software is a collaborative effort and demands collaboration. No work is done in isolation, no lone-wolf programmers, organizations that adopts collaboration enable their teams to deliver value more often Rothman writes "an agile approach creates a culture of working with transparency, driven by value, collaborating across the organization".

Product development and continuous improvement are key elements at both the macro and micro scale. No longer are the goals to develop and implement a large key feature, done by a siloed programmer or team, work can be done in smaller chunks and be collaborated on: "many hands make light work." An environment that properly load balances work across a team or an organization enables knowledge workers to learn from one another, appropriately assigns work corresponding to the worker's ability, and encourages teamwork Rothman writes "an iteration-based agile approach provides a cadence—a project rhythm—for teams to deliver and learn, retrospect, and plan."

In conclusion, the two most important topics from chapter one "Why Agile and Lean Approaches Work" in Johanna Rothman's book "Create Your Successful Agile Project: Collaborate, Measure, Estimate, Deliver" are agile is a cultural change, and iteration and Flow-Based Agile because a good work culture bring value to the organization, with health collaborative work culture enables works to learn from each other, and allow work to be properly distributed.