Template

Retrospective

Use this framework to reflect on recent work. This simple structure is useful both alone and in groups.

Created in partnership with

Product School

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Need some inspiration?

See a finished version of this template to kickstart your work.

Open example →

Reflect on the topic

Working silently and individually, have each person create a few sticky notes in all four quadrants below for about five minutes. With the remaining time, discuss notes in each quadrant.

TOPIC

Workstation engineering team Sprint 10

What went well?

What should we keep doing?
What should we celebrate?
Where did we make progress?

- the thyroid gland is a small organthat"s located in the front of the neck
- its shapped like a butterfly
- the thyroid gland is a vascular gland and one of the must importantorgans of a human body
- thyroid disease is general term for a medical condition

What went poorly?

Where did we have problems?
What was frustrating to us or others?
What held us back?

- Having troable sleeping losing weight
- Experiennccing irregular menstrual periods
- Having vision problems or eye irrigation
- graves disease in animmune system that results in the overproduction of thyroid hormones

What ideas do you have?

What ideas do you have for future work together?
Where do you see opportunities to improve?
What has untapped potential?

- thyroid disease can affect anyone *men, * women, • infants,etc.....
- take a medication that,s high in iodine
- have had than 60, especially in women
- so the use of machine learning techniques might improve to of thyroid diseases

How should we take action?

What do you believe we should do next?
What specific things should we change?
What should extend beyond this meeting?

- Releasing and controlling thyroid hormones that control metabolism
- your thyroid has an important job to do within your body
- you don't need to change your diet beforehand of fast
- A warm water - shouble gel is applied to the skin over the area that's being examined