1. What is the best way to time box and to avoid Time Box breakdown? Why Time-boxing is important?
2. What is Sprint optimization.
3. How do you tackle “Scrum breakdown-Sprint optimisation” ?

1. Dos and Don’ts of daily standup meetings.
2. Work Interruptions like entertaining an emergency in the middle of the Sprint can be very inefficient at times. How can it be avoided?
3. What is a “Loose Demo”. Why allowing it is a mistake.
4. What is the most usual misunderstanding of retrospective?