



Mindful Agile

How mindfulness enables the agile mindset and collaborative culture

Duration

1 day

Intended Audience

- IT and project managers
- Product managers
- Product owners
- Business analysts
- Designers and UX specialists
- Developers and testers
- Marketing and sales professionals
- Anyone working in or with an agile team

Is this you?

- Attempting to build an awesome agile culture but struggling to collaborate effectively with your teams and stakeholders?
- Striving to create innovative products and services in a competitive market where disruption and volatility are the norm?
- Unsure whether the decisions you make are the best to deliver real customer value, while their demands constantly change?

This workshop will help you deeply understand the agile mindset that is the true intention of the agile manifesto. Through mindfulness, you will think more clearly resulting in increased creativity and better decision making that drive innovation. Mindfulness allows you to better empathise with your customers to deliver products that they love. You will gain practical experience and understanding of why mindfulness is the essential skill for building an effective agile culture.

Learning Outcomes

By attending this workshop you will understand:

- The agile mindset and culture.
- How to use mindfulness to better empathise with your customers and stakeholders.
- How mindfulness enhances collaboration.
- Why mindfulness is so important for creativity and innovation.
- How to apply mindfulness practices in your everyday work.

Workshop Outline

- What is agile?
- Understanding mindfulness and its benefits.
- Mindful communication and collaboration.
- Applying mindfulness to drive creativity and innovation.
- Using mindfulness techniques for improved problem solving.
- Mindful empathy techniques.
- Implementing mindfulness in agile teams.
- Practical exercises using various mindfulness techniques.