

MINDFUL AGILE

How mindfulness enables the agile mindset

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Manifesto for Agile Software Development

We are **uncovering** better ways of developing software by doing it and helping others do it.

Through this work we have come to value:

Individuals and interactions over **processes and tools**,
Working software over **comprehensive documentation**,
Customer collaboration over **contract negotiation**,
Responding to change over **following a plan**.

That is, while we value the items on the right, we value the items on the left more.

We follow these principles:

- 01** Our highest priority is to satisfy the customer through early and continuous delivery of valuable software
- 02** Welcome changing requirements, even late in development. Agile processes harness change for the customer's competitive advantage
- 03** Deliver working software frequently, from a couple of weeks to a couple of months, with a preference to the shorter timescale
- 04** Business people and developers must work together daily throughout the project
- 05** Build projects around motivated individuals. Give them the environment and support they need, and trust them to get the job done
- 06** Agile processes promote sustainable development. The sponsors, developers, and users should be able to maintain a constant pace indefinitely
- 07** Working software is the primary measure of progress
- 08** The most efficient and effective method of conveying information to and within a development team is face-to-face conversation
- 09** Continuous attention to technical excellence and good design enhances agility
- 10** Simplicity—the art of maximizing the amount of work not done—is essential
- 11** The best architectures, requirements, and designs emerge from self-organizing teams
- 12** At regular intervals, the team reflects on how to become more effective, then tunes and adjusts its behavior accordingly

'Be' agile or 'do' agile?

Agile is a **mindset**

Grounded in 4 values

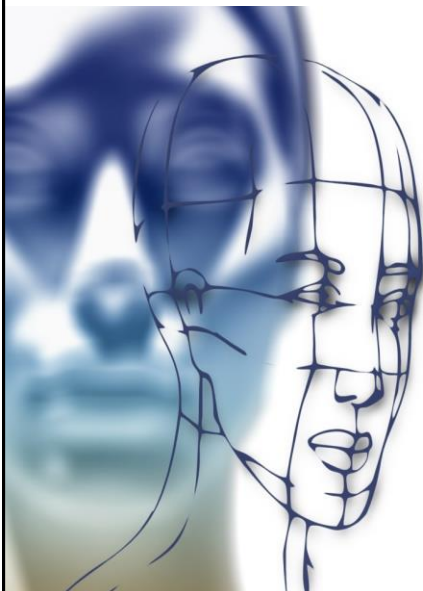
Elaborated through 12 principles

Executed via 100s of practices

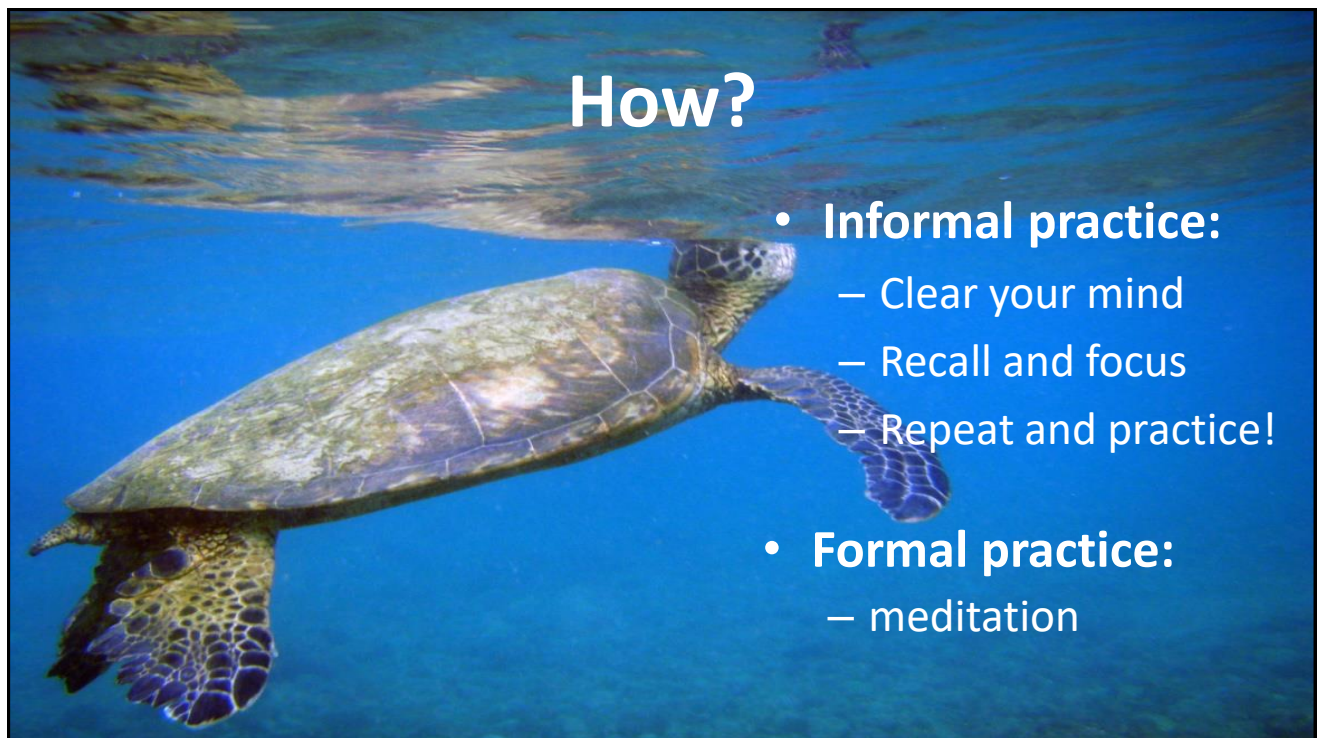
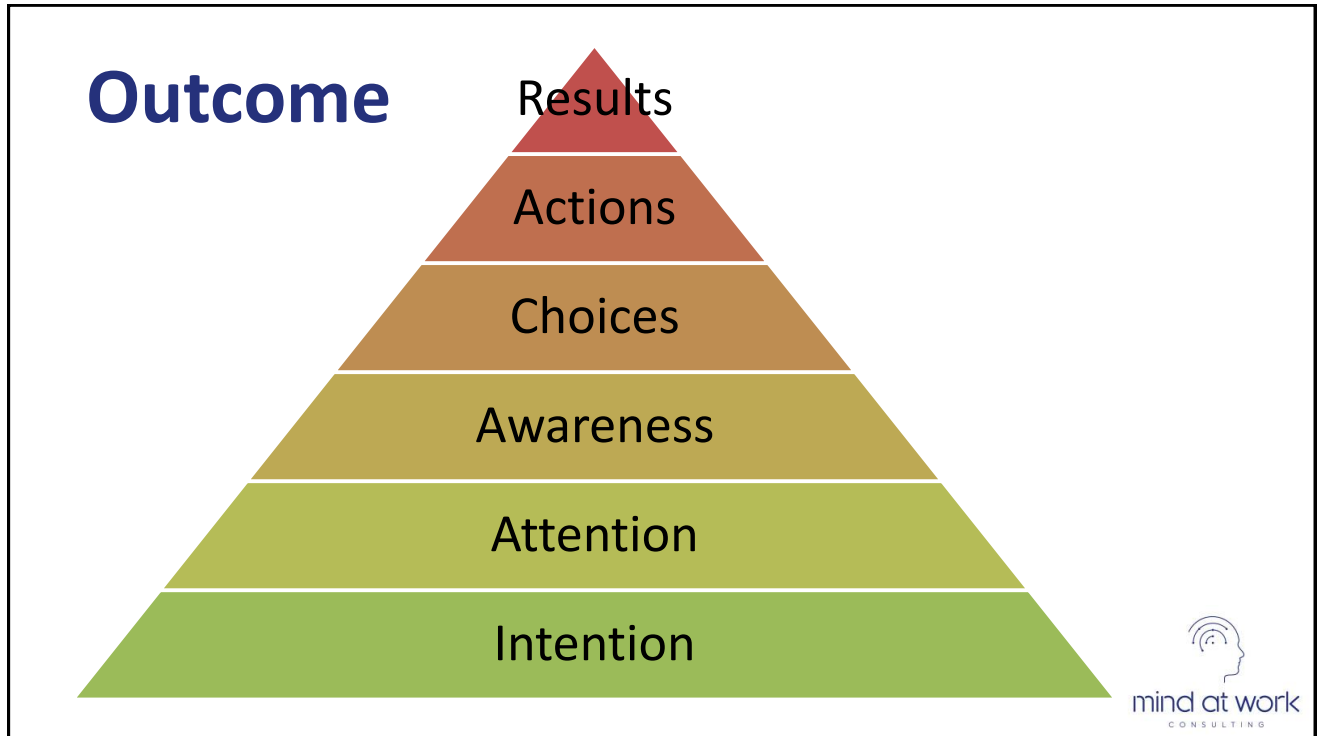




Mindfulness



- Quality or state of being aware
- without judgement or perception
- Deliberately paying attention
to what is happening
all around you
- Being open and present to what
'is' here and now
– nothing else



Everyday Mindfulness

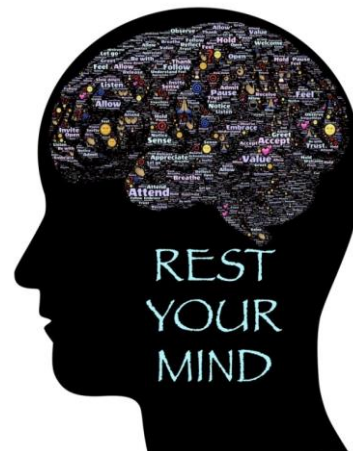
- Before each meeting or phone call
- Waiting for coffee or food
- As you prepare to speak with someone
- When you read an email
- Come back to the present
- Anytime
- Anywhere

**Just take 3 breaths with
complete awareness**



Let's try it!

- Sit comfortably
- Rest hands on lap
- Close eyes
- Clear your mind
- Focus on your breath
- Don't follow your thoughts
- If distracted or your mind wanders off
– gently come back to the breath





What did you notice?

Benefits

- Beyond peace and stress relief
- Clarity, calm and awareness
- Creativity and innovation
- Focus and concentration
- Better communication
- Increased collaboration
- Other health benefits including lower blood pressure and increased immune response



Mindful Agile

- Innovation and creativity
 - remove the square
- Team & stakeholder interactions
 - be present & listen fully
- Story writing – real empathy
- Testing – look, listen and learn
- Workshops – let go and be open



How will you implement mindfulness?



THANK YOU



mind at work
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