



FACT

#### COURSE DURATION

1-Day

#### WHO SHOULD ATTEND

- Agile Coaches
- SCRUM Masters
- Team Leaders
- Project Managers
- Program and Portfolio Managers
- Anyone playing a leadership or facilitation role in an agile environment

#### WHAT WILL YOU LEARN

- How mindfulness relates to the agile mindset.
- How to support, guide and mentor teams using mindfulness practices.
- How to apply mindful facilitation techniques.
- How to apply mindfulness practices in day-to-day activities.

#### PREREQUISITES

Knowledge of agile processes and practices is desirable, but not essential

#### COST

- \$950+GST

Includes:

- 1 day workshop
- lunch, morning and afternoon tea
- detailed workshop materials

Mindful Agile



# The Mindful Agile Coach / SCRUM Master

## Agile Coaching / Scrum Mastership

Agile coaches and SCRUM masters are responsible for building an awesome agile culture and positive team environment. It can be challenging to know how to enable teams deliver better business value in an environment of constant change and uncertainty. Embodying the agile mindset, coaches and SCRUM masters are agile leaders that must walk the walk and set a shining example of how to be agile, not simply go through the motions.

The most effective agile leaders are those who invest in their own personal development. Transparent, flexible, adaptive and supportive, agile coaches and SCRUM masters encourage teams to become autonomous and high performing. Core personal skills such as self-awareness, emotional self-management, and social awareness are the basis of emotional intelligence, which is a key indicator of leadership success. Mindfulness is a foundational skill that can help deepen emotional intelligence and lead to more effective agile leadership.

## What is Mindfulness?

Mindfulness is the quality or state of being fully conscience or aware. Beyond simple awareness, participants will learn how mindfulness helps agile coaches and SCRUM Masters to show up as the very best versions of themselves. Mindfulness helps leaders build a more supportive environment that allows teams to thrive and overcome obstacles, while continuously improving and finding opportunities for growth.

## What You Can Expect

This workshop will enable participants to understand how to become a more effective facilitator and agile leader. By applying mindful agile practices, participants will learn how to set a positive example for teams, stakeholders and organisations of the agile mindset. Participants will gain practical experience and understanding of mindfulness techniques applied to agile leadership.



## Mindful Agile

The perfect combination of the agile mindset with mindfulness, Mindful Agile enables agile coaches and SCRUM Masters to truly embody the agile values and principles. Participants will understand how mindful agile practices allow them to not just do agile, but to be agile, the real intention behind the agile movement, and lead teams to adopt agile processes more effectively. Mindful Agile incorporate mindfulness into the entire approach to agile delivery.



FACT



mind at work  
CONSULTING

## Course Outline

- Welcome and introductions.
- What is mindfulness.
- Understanding various aspects of mindfulness.
- Informal mindfulness.
- Formal mindfulness.
- Mindfulness practices.
- The neuroscience behind mindfulness.
- The benefits of mindfulness.
- The agile mindset.
- Mindful agile values and principles.
- The agile coach / SCRUM Master role.
- Effective agile leadership.
- Mindful agile leadership principles.
- Applying mindfulness to drive collaboration.
- Mindful communication.
- Dealing with conflict using mindfulness.
- Mindful facilitation techniques.
- Mindful agile in practice.
- Implementing mindfulness in the agile coach / SCRUM Master role.
- Everyday mindfulness.



Fast Agile Coaching Training



FACT

Mona Vale New South Wales 2103,  
Australia

(+61) 0414 055 242

Info@[FastAgileCoachingTraining.com](mailto:Info@FastAgileCoachingTraining.com)