



FACT

COURSE DURATION

1-Day

WHO SHOULD ATTEND

- Product Owners
- Product Managers
- Business Analysts
- Project Managers
- Anyone working in a product ownership or product development role

WHAT WILL YOU LEARN

- Why mindfulness is so important for creativity and innovation.
- How to deeply empathise with customers and stakeholders.
- How mindfulness enhances communications and collaboration.
- How to apply mindfulness practices in day-to-day activities.

PREREQUISITES

Some 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



Mindful Product Ownership

Product Ownership

In today's competitive market, product owners are under more pressure to deliver innovative products and services that not only meet customer expectations but exceed them. It can be difficult to understand what will deliver real value, while technology and customer demands constantly change. Not only that, product owners must collaborate effectively with customers, stakeholders and delivery team, with little or no time, and deliver business outcomes to enable organisations to stay ahead.

Product owners must think differently, helping teams to try out new ideas, experiment and learn whilst keeping objectives in sight. However, day-to-day pressures and stress can impede creativity and learning. It takes more than just persistence and hard work to manage these demands. Product owners need mindfulness.

What is Mindfulness?

Mindfulness is the quality or state of being fully conscious or aware. Beyond simple awareness, participants will learn how mindfulness helps product owners to show up as the very best versions of themselves. Mindfulness improves focus, enables clearer thinking and better decision making that lead to more successful outcomes.

What You Can Expect

This workshop will help participants deeply understand their customers to deliver solutions that create customer delight. Participants will gain practical experience and understanding of mindfulness techniques applied to creative thinking, team collaboration and communications.



Mindful Agile

The perfect combination of the agile mindset with mindfulness, Mindful Agile enables product owners 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. Mindful Agile values incorporate mindfulness in the entire approach to agile delivery and product ownership. Key aspects include:

Interactions:

- Relationships
- Collaboration
- Awareness
- Emotional intelligence

Collaboration:

- Deep empathy
- Learning and discovery
- Unbiased insight
- Cohesion

Solutions:

- Value focus
- Quality
- Clarity
- Innovation

Change:

- Acceptance
- Adaptation
- Openness
- Decision making.



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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 product ownership role.
- Effective product ownership.
- Mindful product ownership practices.
- Applying mindfulness to drive innovation.
- Mindful creative thinking techniques.
- Teamwork and collaboration.
- Mindful communications.
- Empathy mapping.
- Mindful empathy techniques.
- Mindful agile in practice.
- Implementing mindfulness in the product ownership role.
- Everyday mindfulness.



Fast Agile Coaching Training



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