



Using Agile to Stay Resilient During Challenging Times

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Delivered on ProjectManagement.com

Agenda

1. Introductions and Expectations
2. Using Agile to Stay Resilient During Challenging Times
 - a. What is the Current Situation?
 - b. How is the Pandemic impacting Work From Home?
 - c. Strategies to Achieve Resilience
3. Summary / Q&A

Download the slide deck: <http://bit.ly/nov-2020-webinar-slides>

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Your Expectations

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NK Shrivastava

PMP, RMP, ACP, CSP, SPC4

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Your Expectations

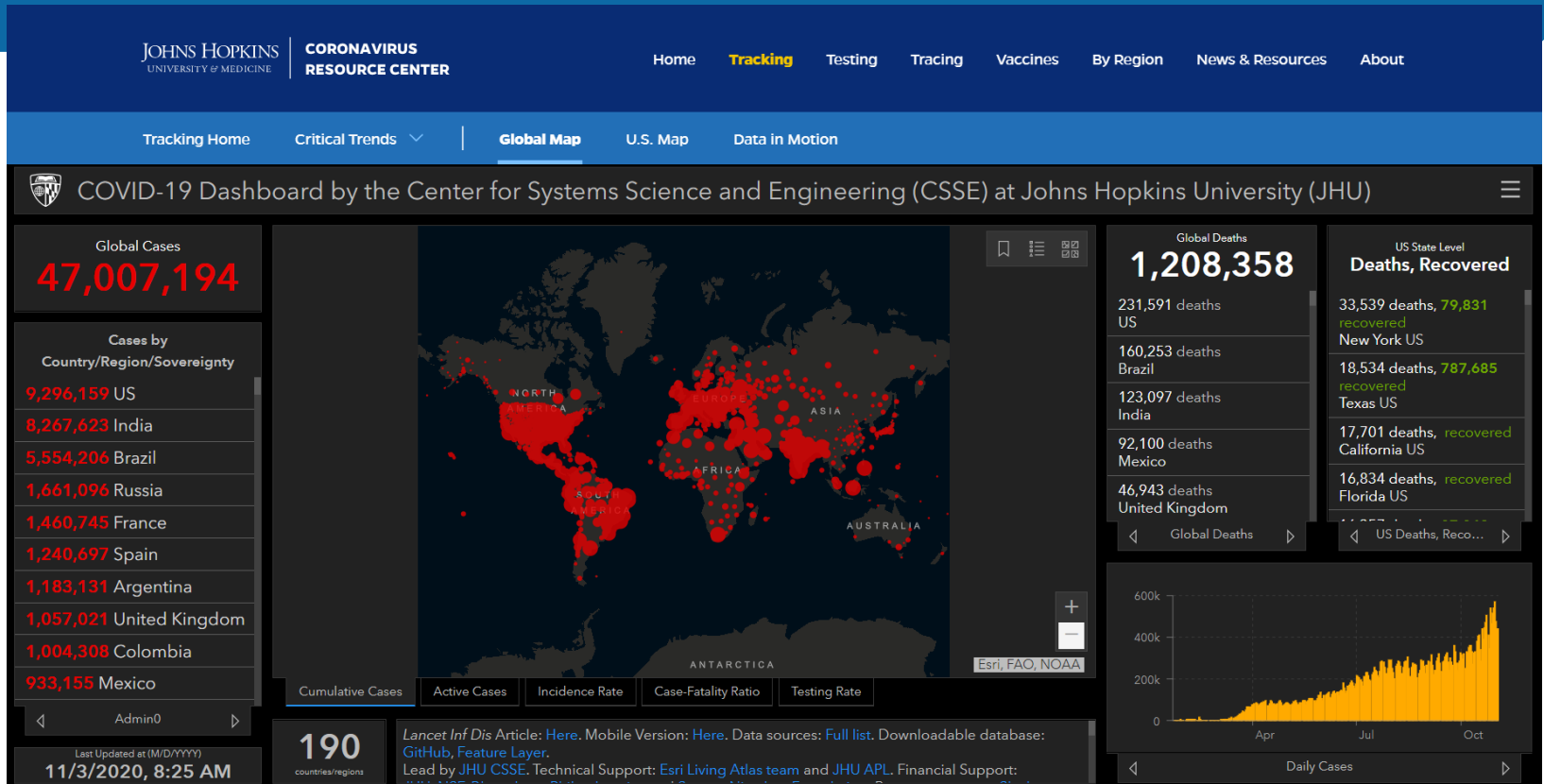
- What are your expectations from this webinar?
 - Why are you here today?

Survey Question 1

How has the pandemic affected your ability to work?

1. I feel devastated by the pandemic
2. The pandemic has noticeably affected my ability to work
3. The pandemic has not changed anything about my work
4. The pandemic has slightly affected my work positively
5. The pandemic has enhanced my ability to work

What is the Current Situation?



Aggregated from Wikipedia and Google

How is Pandemic Impacting Work From Home?

1. Many major companies have moved to permanent work from home including Microsoft, Facebook and Twitter
2. In July 2020, 53% of American adults reported negative mental health impact due to worry and stress over coronavirus – up from 32% in March
 - 36% reporting difficulty sleeping



Source: <https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>

Survey Question 2

What affects your productivity and mental health the most?

(Select all that apply)

1. Distractions because of working from home
2. Blurring of work/home life
3. Stress due to of whatever is happening around the world
4. Technical issues (computer, internet etc.)
5. Feeling socially disconnected with the co-workers/professionals

Using Agile to Stay Resilient During Pandemic

1. Staying resilient is important for physical and mental health and continued growth
2. Agile emphasizes important factors of resilience that include:
 - a. Adapting to Change
 - b. Prioritization
 - c. Iteration
 - d. Continuous Improvement
 - e. Empowerment & Learning



Strategies to Achieve Resilience



1. Focus on Customer – i.e. Yourself
2. Reduce Noise/Waste
3. Pick Work You Like and Enjoy
4. Do Your Routine
5. Collaborate, Virtually
6. Be Ready to Adapt to Changes
7. Create Your Backlog

1. Focus on Customer – i.e. Yourself

1. Do meditation/yoga
1x/day

2. 1 hour, preferably in
morning

3. Listen to your body and
mind



Customer satisfaction is important in Agile – that includes you as a customer

2. Reduce Noise/Waste

1. Limit intake of news
2. Preferably read news after work
3. Tune out news that is bad / outside of your control



Reduce distractions by reducing waste such as oversaturation of news

3. Pick Work You Like and Enjoy

1. Devote time to your passions
2. End day with content you like
3. Watch funny shows and/or positive news



Pick your own work and own content like a self-managing Agile team member does

4. Do Your Routine

1. 8 hours a day focused on work
2. At least 2 hours focused on "you"
3. Keep time for family and friends
4. Set the routine and try to meet it as often as possible

Time/ Duration	Activity
5:30 AM	Good Morning
6:00 AM - 6:30 AM	Get ready for the plan/ review day plans
6:45 AM - 8:00 AM	Yoga/Meditation/Exercise
8:00 AM - 5:00 PM	Office Work (with breaks) + 30 minutes walk
5:00 PM - 6:00 PM	News/Connecting with friends
6:00 PM - 7:00 PM	Bike/Exercise/Time with my son
7:00 PM - 8:30 PM	Dinner, Fun Stuff, Social Media
8:30 PM - 9:00 PM	30 minutes walk (with family)
9:00 PM - 10:00 PM	Connect with remote family & friends
10:00 PM - 10:30 PM	Free time
10:30 PM	Good Night

Do your routine and establish a cadence that works for you

5. Collaborate, Virtually

1. Use videoconference / social media to keep up with friends and family
2. Make it a regular thing
3. Swap strategies for success



Run your work and personal lives on collaboration

6. Be Ready to Adapt to Changes

1. Get into right mindset about Changes
2. Changes can happen quickly, speed of change is accelerating
3. Expect changes and deal with those using Agile principles



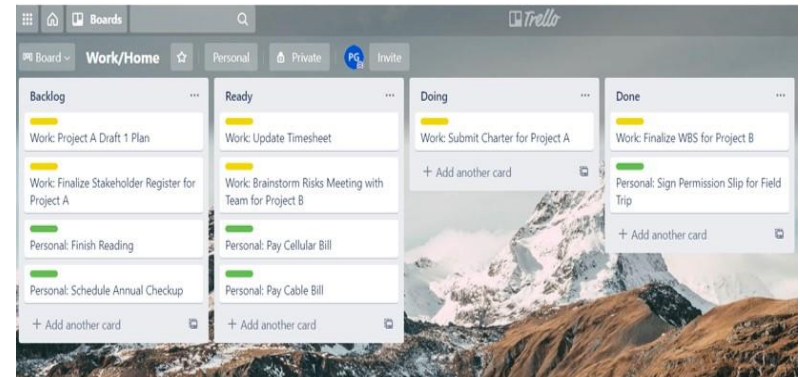
Make sure you can respond quickly and adapt in an Agile way

7. Create Your Backlog

1. Record work and home tasks

2. Prioritize

3. Iterate and adjust



Create your backlog and use it to iterate and adjust as needed

Survey Question 3

Which strategies will greatly help you to stay resilient during the COVID, and even after?

1. Focus on Customer – i.e. Yourself
2. Reduce Noise/Waste
3. Pick Work You Like and Enjoy
4. Do Your Routine
5. Collaborate, Virtually
6. Be Ready to Adapt to Changes
7. Create Your Backlog

Vote now – 1 minute

Conclusion

1. Resiliency is more important than ever in the face of the world situation
2. Start building resiliency using Agile principles and practices
3. Iterate and adjust to optimize and become fully resilient

Build your resiliency with Agile today

Questions?

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