



## Modern Agile Fundamentals

**Course #:** AG-100      **Duration:** 1 day

### Prerequisites

None.

### Details

This comprehensive one-day workshop is designed to empower Agile leaders facing challenges in their roles, providing them with an in-depth understanding of Agile principles and methodologies through a blend of theoretical knowledge and practical exercises. The course addresses common challenges and misconceptions about Agile, offering strategies for successful implementation and leadership in Agile environments.

### Software Needed

None.

### Outline

#### Modern Agile Fundamentals

- **Agile: Why It Exists**
  - History of Agile
  - The problem Agile was designed to solve
  - Why traditional delivery models still struggle
  - Why many Agile adoptions fail to deliver results
  - Agile as a response to complexity and uncertainty
  - Agile as a mindset and decision framework
- **From Projects to Products to Value Streams**
  - Project thinking vs. product thinking
  - Outputs vs. outcomes vs. impact
  - Understanding value streams and flow of work
  - Why speed without clarity increases waste
  - Aligning work to customer and business value
- **The Agile Toolkit: Frameworks as Options, Not Rules**
  - Overview of common Agile approaches:
    - Scrum
    - Kanban
    - XP
  - Why most organizations use hybrid Agile
  - Choosing practices based on context and constraints

- Common Agile anti-patterns:
  - Scrumfall
  - Cargo-cult Agile
  - Rituals without learning
- **Scrum, Revisited: Practical and Reality-Based**
  - Why Scrum exists and what problems it solves
  - Core Scrum roles:
    - Product Owner
    - Scrum Master
    - Developers
  - Product Owner vs. Product Manager (modern tension)
  - Scrum Master vs. Agile Coach (real-world expectations)
  - When Scrum fits and when it doesn't
- **Modern Planning, Backlogs, and Flow**
  - User stories vs. job stories vs. outcome statements
  - Backlogs as learning tools, not requirement lists
  - Planning in uncertain and changing environments
  - Managing dependencies and unplanned work
  - Flow-based thinking:
    - Work in Progress (WIP)
    - Bottlenecks and constraints
- **Metrics That Matter (and the Ones That Mislead)**
  - Why velocity and story points get misused
  - Flow metrics:
    - Lead time
    - Cycle time
    - Throughput
  - Measuring outcomes and learning
  - Using metrics for insight, not control
  - Avoiding metric gaming and false confidence
- **Agile in the Real World: Scaling, Constraints, and Tradeoffs**
  - Why scaling Agile is hard
  - Scrum of Scrums and coordination challenges
  - Agile in regulated, compliance-driven environments
  - Hybrid governance models that actually work
  - Making Agile sustainable, not performative
- **Agile Leadership: Designing the System**
  - Leaders as system designers, not task managers
  - Decision latency and empowerment
  - Incentives that undermine agility
  - Psychological safety and cognitive load
  - Managing conflict and change fatigue
  - Practical approaches to generational differences
- **AI and Agile: What's Changed Forever**
  - AI as an Agile accelerator
  - Where AI supports Agile work:
    - Backlog refinement
    - Planning and estimation support
    - Testing and quality analysis
    - Insight generation
  - Risks of over-automation and shallow thinking
  - Applying Agile principles to responsible AI use
- **Making Agile Work For You**
  - Diagnosing your organization's Agile reality
  - Identifying constraints and mismatches
  - Selecting high-impact changes
  - Individual and team action planning
  - What to try first and what to stop doing