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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