

Abstract

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Presentation title:	Mindful Agile – The Heart of the Agile Mindset
Abstract:	<p>We hear so much these days about the difference between being agile and doing agile. It's the agile mindset that enables teams and organisations to truly adopt agile and reap real business benefits, not just do agile practices and ceremonies.</p> <p>Mindful agile is the perfect combination of the agile mindset with mindfulness that enables teams and organisations to build an effective agile culture that truly embodies agile values and principles. It allows teams to work together with greater collaboration, overcome difficulties, share ideas and challenge each other without falling into chaos and conflict. Mindfulness helps teams communicate more effectively, think more clearly and increase creativity.</p> <p>By attending this workshop, you will gain a practical understanding of why mindfulness is an essential tool for creating an effective agile culture.</p>
Main topics:	<ul style="list-style-type: none"> > The agile mindset and why mindfulness is so important in agile teams. > How mindfulness enhances teamwork and collaboration. > Ways to apply mindful agile practices.