AFTER 20 YEARS OF AGILE:

Will Mindful be the new Agile

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Today

1 | What is mindfulness?

2 | The huge success of agile

3 | 3 reasons why mindfulness will be similarly successful

4 | What now?

What is mindfulness?

Modern mindfulness

is a way to develop useful mental skills

Training
Meditation

Systematic
clear instructions

removed from the religious context

based on science

What skills does a modern mindfulness practice develop?

Concentration

Clarity

Equanimity

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Manifesto for Agile Software Development

We are uncovering better ways of developing
software by doing it and helping others do it.
Through this work we have come to value:

Individuals and interactions over processes and tools
Working software over comprehensive documentation
Customer collaboration over contract negotiation
Responding to change over following a plan

That is, while there is value in the items on
the right, we value the items on the left more.

Kent Beck
Mike Beedle
Arie van Bennekum
Alistair Cockburn
Ward Cunningham
Martin Fowler
James Grenning
Jim Highsmith
Andrew Hunt
Ron Jeffries
Jon Kern
Brian Marick
Robert C. Martin
Steve Mellor
Ken Schwaber
Jeff Sutherland
Dave Thomas

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Why mindfulness will be as successful as agile
1. Reason

The formative people

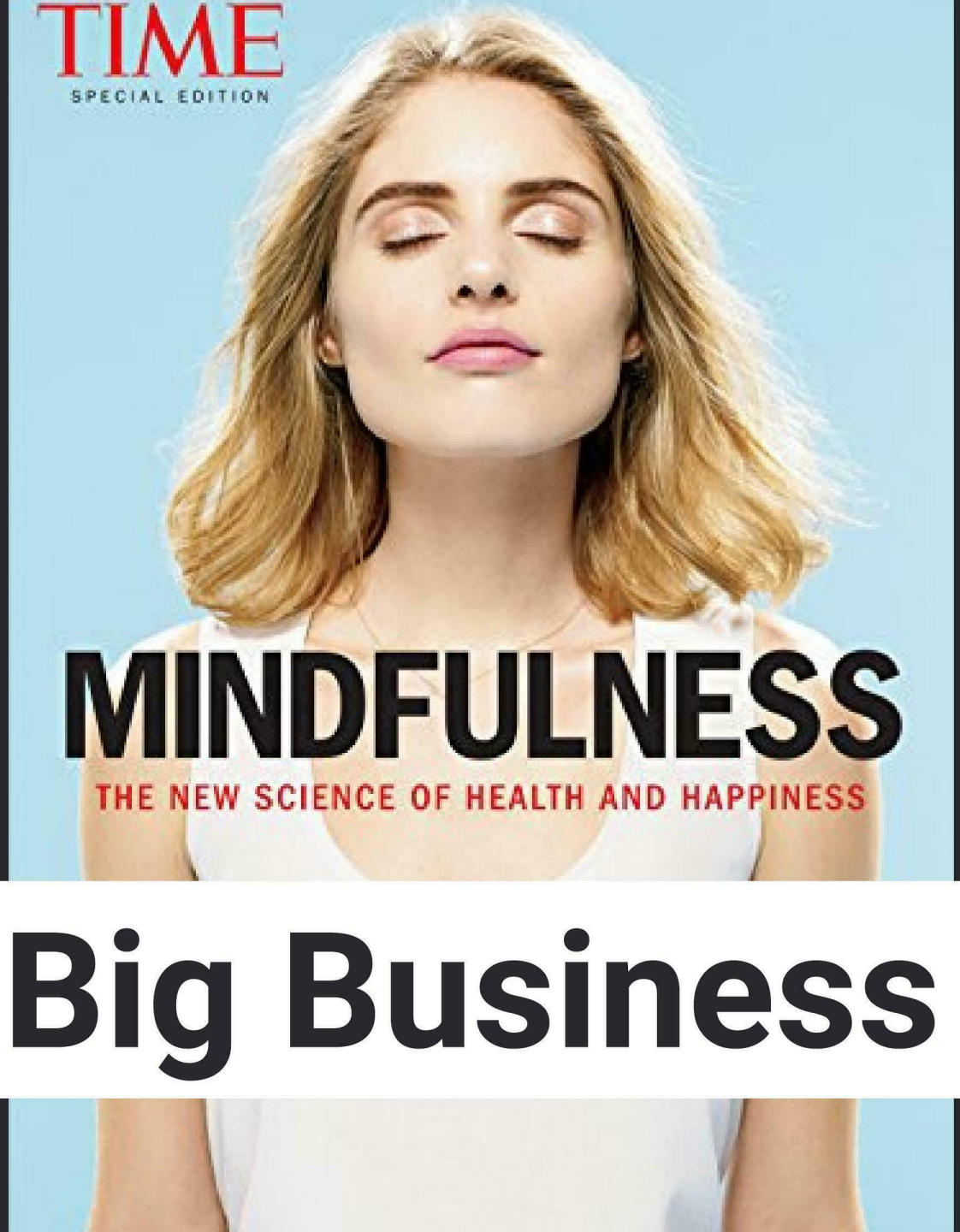
A group of hackers

The hacker mindset:
Use systems in a creative and unconventional way
to learn and improve

> “A bigger gathering of organizational anarchists would be hard to find”

The authors of the agile manifesto about themselves

Hippies



Big Business

Hacker

“The buddha was the first hacker. And he hacked the most advanced computer that nature had ever created: the human brain.”

Why mindfulness will be as successful as agile
2. Reason

Both fulfill needs that are very present in society now

Agile is a way to organize to better meet our needs for

Learning
(Self-)efficacy
Meaning
Contribution (through creating something)
Self-Respect
Safe Belonging

Mindfulness is a practice to better meet my needs for

Satisfaction and Happiness
Meaning
Contribution (through kindness)
Congruence (“being yourself”)

Why mindfulness will be as successful as agile
3. Reason

Both deliver an answer to the same problem: Complexity

Agile is the organizational answer to complexity - mindfulness is your personal one

Agile acts on the level of teams and organizations

Mindfulness complements this on the individual level

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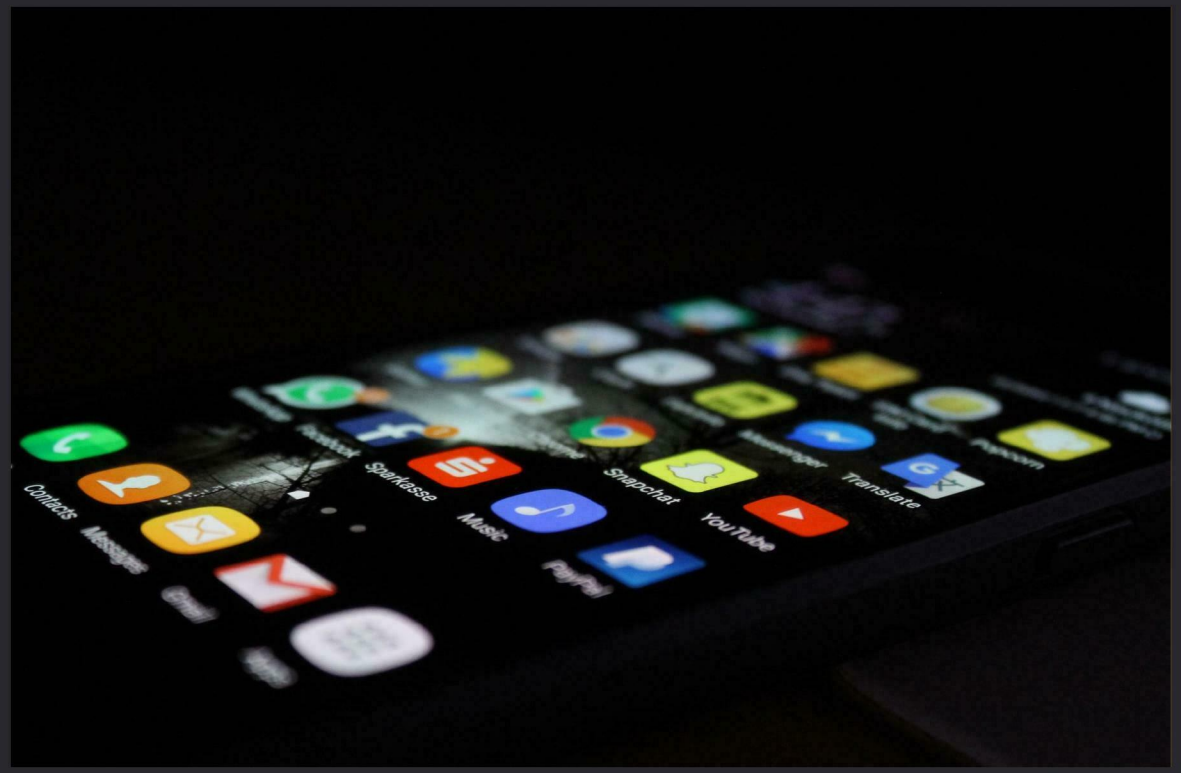
How can you learn more?

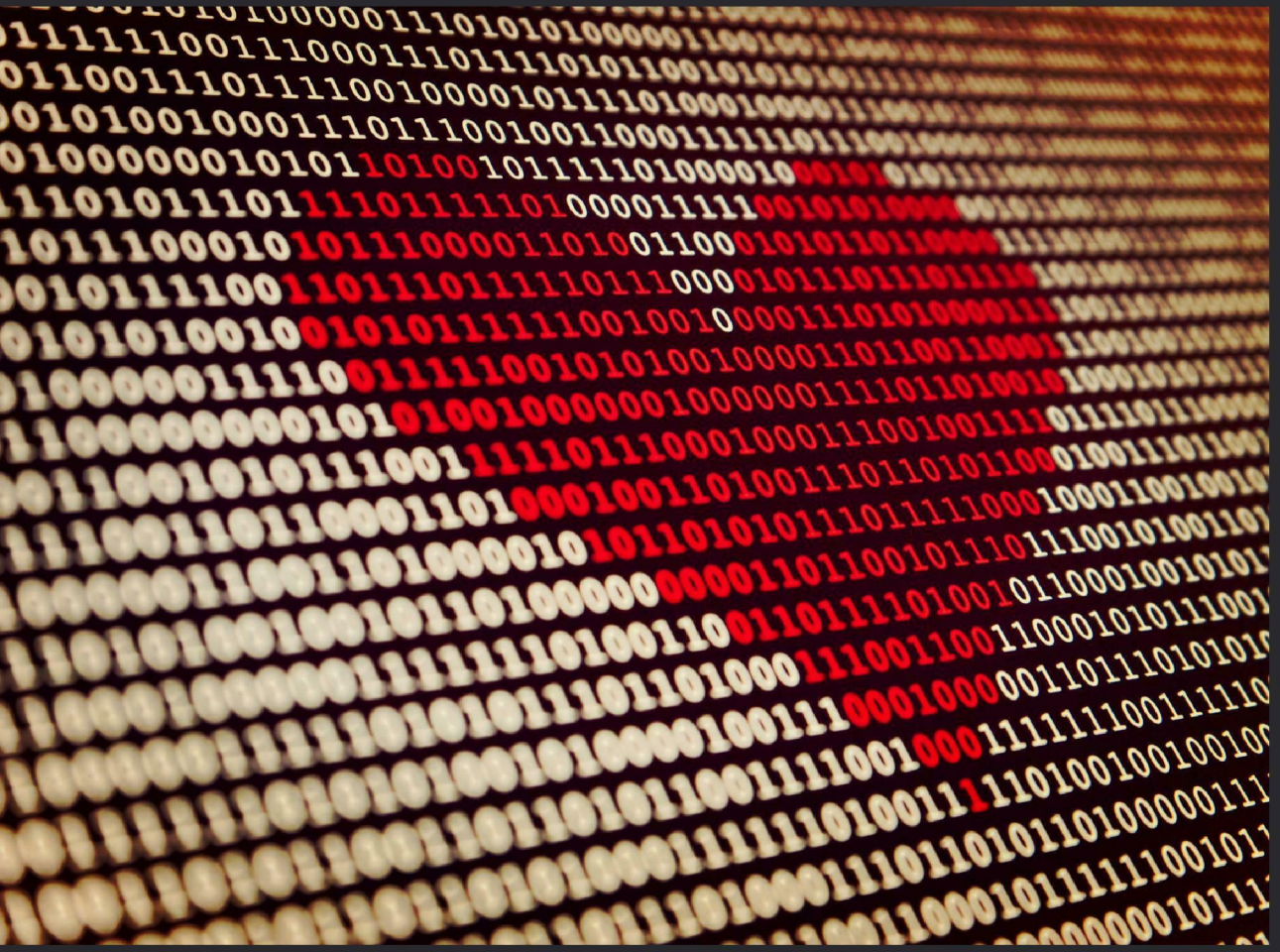


Apps

Insight Meditation Timer | Medito | Brightmind

Find a good training

It should help you develop meditation as a habit



More information

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Q&A

Will Mindful be the new Agile?

> “Mindfulness is the personal way to deal with complexity. Agile is the organizational one.”

> “Mindfulness is ideal training for living in a complex world.”

> “Modern mindfulness practices have been developed by Nerds - like Agile.”