

A Powerlifter's Guide to Continuous Improvement

Lizette M. Morris
@settiemarie

This is Doogan

This is me



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Continual improvement process

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„[4]:498

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'getting better all
the time'

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an ongoing effort to improve products,

nce.^[1] Delivery (customer valued)

[ement](#), [project management](#), and [program](#)

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Twelve Agile Principles

1. Our highest priority is to help our customers succeed with their software.
2. Welcome customer collaboration throughout the project.
3. Deliver working software frequently, from a few days to a few weeks, with a preference for the shorter time scale.
4. Business stakeholders and developers must work closely together to build trust and confidence.
5. Build trust through frequent communication.
6. The most efficient and effective teams are self-organizing.
7. Work with individuals and teams you do not have to manage, but who you must enable to do the work.
8. Agile processes, frameworks, and best practices are to be adapted, not followed rigidly. A team should be able to adjust its behavior to suit the project or environment.
9. Continuous attention to technical excellence and good design enhances agility.
10. Simplicity--the art of maximizing the amount of work not done--is essential.
11. The best architectures, requirements, and designs emerge from self-organizing teams.
12. At regular intervals, the team reflects on how to become more effective, then tunes and adjusts its behavior accordingly.

- ❑ A simple, reliable framework for continuous improvement, leveraging things you already know/do
- ❑ A continuous improvement plan for something that's important to you
- ❑ Activation energy to apply this framework to your life

MACDONALD
ACADEMY OF MARTIAL ARTS



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Step One:
Identify your goal

@settiemarie

Identify your goal

Situation: During my self-defense class, I have difficulty executing certain techniques

Motivation: I would like to be able to pass the Level 2 test in 2019

Outcome(s): Over the next year, I will improve my overall strength and stamina so that I feel very confident in my sparring and ground work.

Your turn!



Step Two:
Pick your ~~poison~~ programming

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4. Business people and developers must work closely together to build trust and the best software possible.
5. Build trust through frequent communication, face-to-face or virtual.
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7. Work with individuals and teams that you can build trust in.
8. Agile processes, frameworks, and best practices are to be adapted, not followed rigidly. A team should be able to adjust its behavior to suit the situation.
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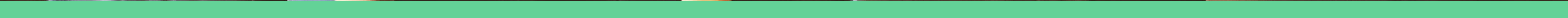
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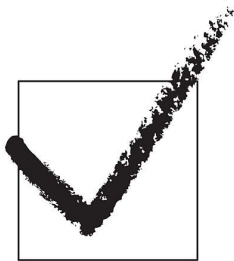
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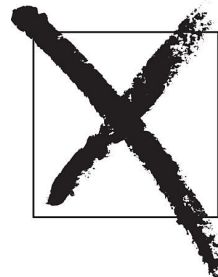
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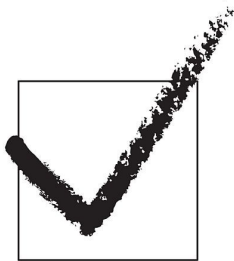
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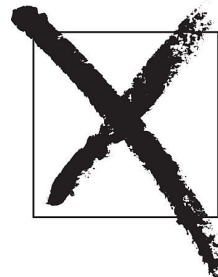
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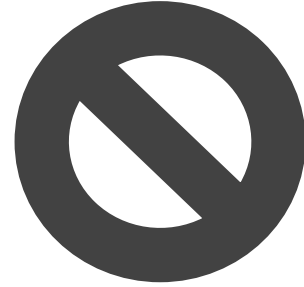
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Step Three:
Get a coach who loves you



- Understands why I'm here
- Excited about my goal
- Good teacher
- Accountability methods
- High touch



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1. Our highest priority is to help our customers succeed with their software.
2. We welcome customer collaboration throughout the project.
3. Delivering valuable software incrementally to the customer is the key to success.
4. Business value is realized through frequent releases of working software.
5. Building trust and strong relationships with the customer is essential.
6. The most effective teams are self-organizing and cross-functional.
7. Work is distributed among team members.
8. Agile practitioners should be able to maintain a constant pace without burning out.
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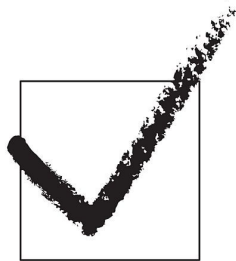
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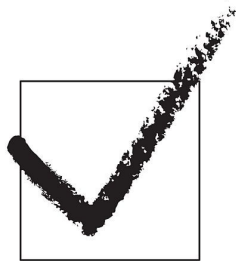
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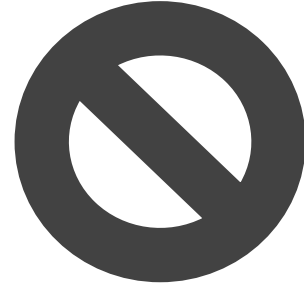
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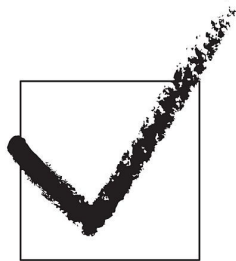
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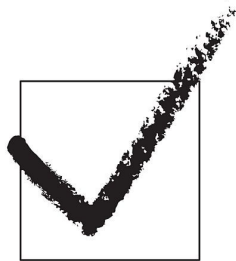
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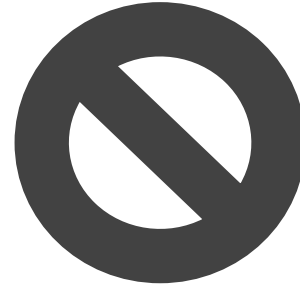
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Step Five:
Retrospect all.the.damn.time.

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**Personal
Record**

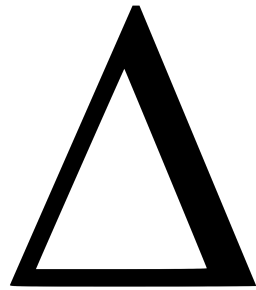
**Good
Squat
Depth**

**Good
point of
focus**

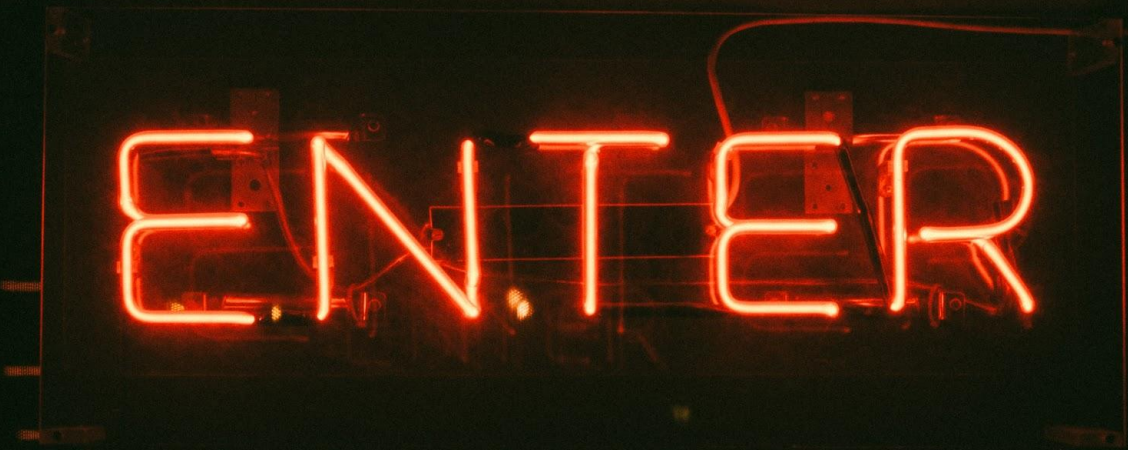
**Need
more
back
tension**

**Feet
closer
together**

**Keep
chest
wide**



Your turn!



Step Six:
Keep showing up

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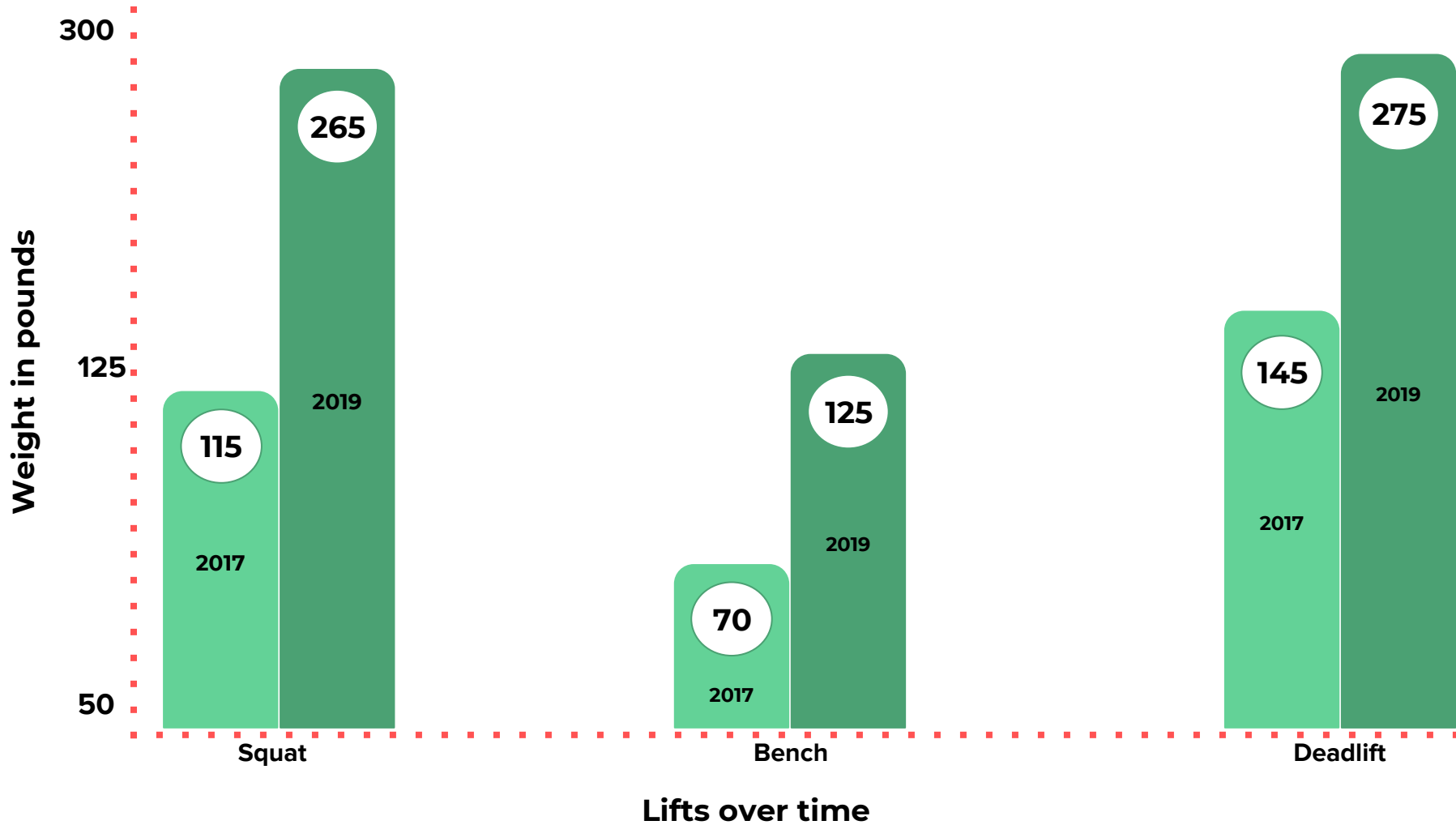


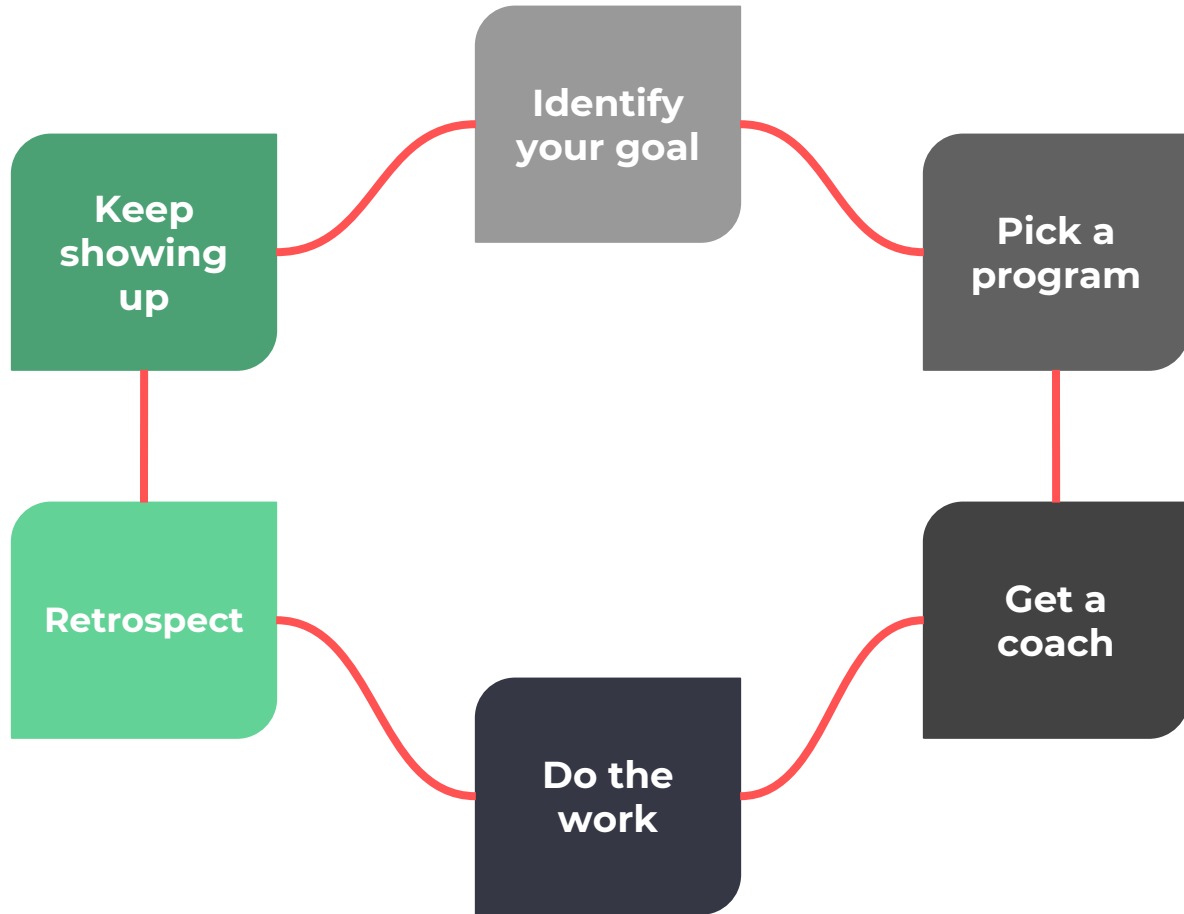
Your turn!

Is it working?

Level Two Test Scheduled!
Friday, May 17th

...and a Powerlifting Meet Scheduled!
Sunday, March 24th





questions?



appendix

Welcome!

That's Doogan!



That's me!



It is not good enough to be
good enough.

Where do I apply Continuous Improvement in my life?



theatre

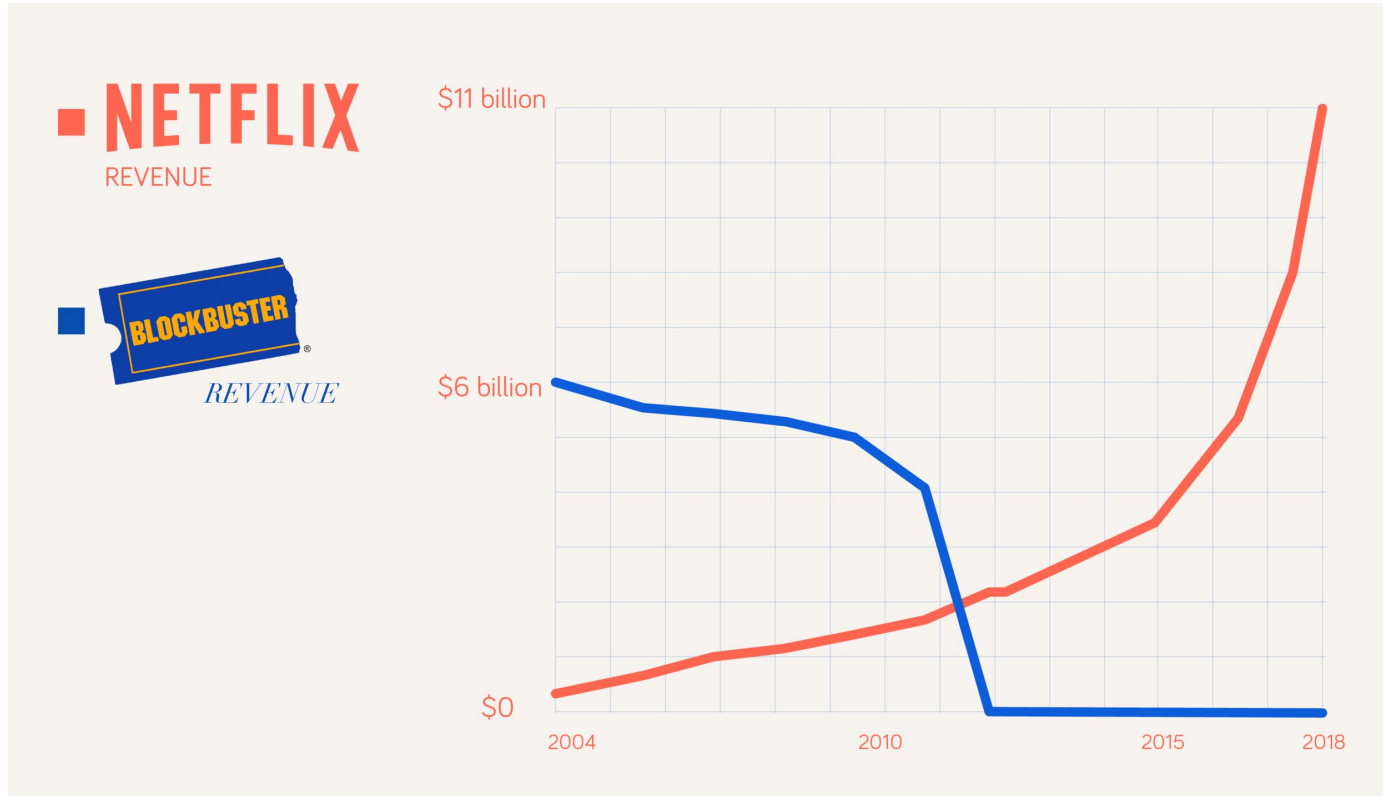


krav maga



lifting

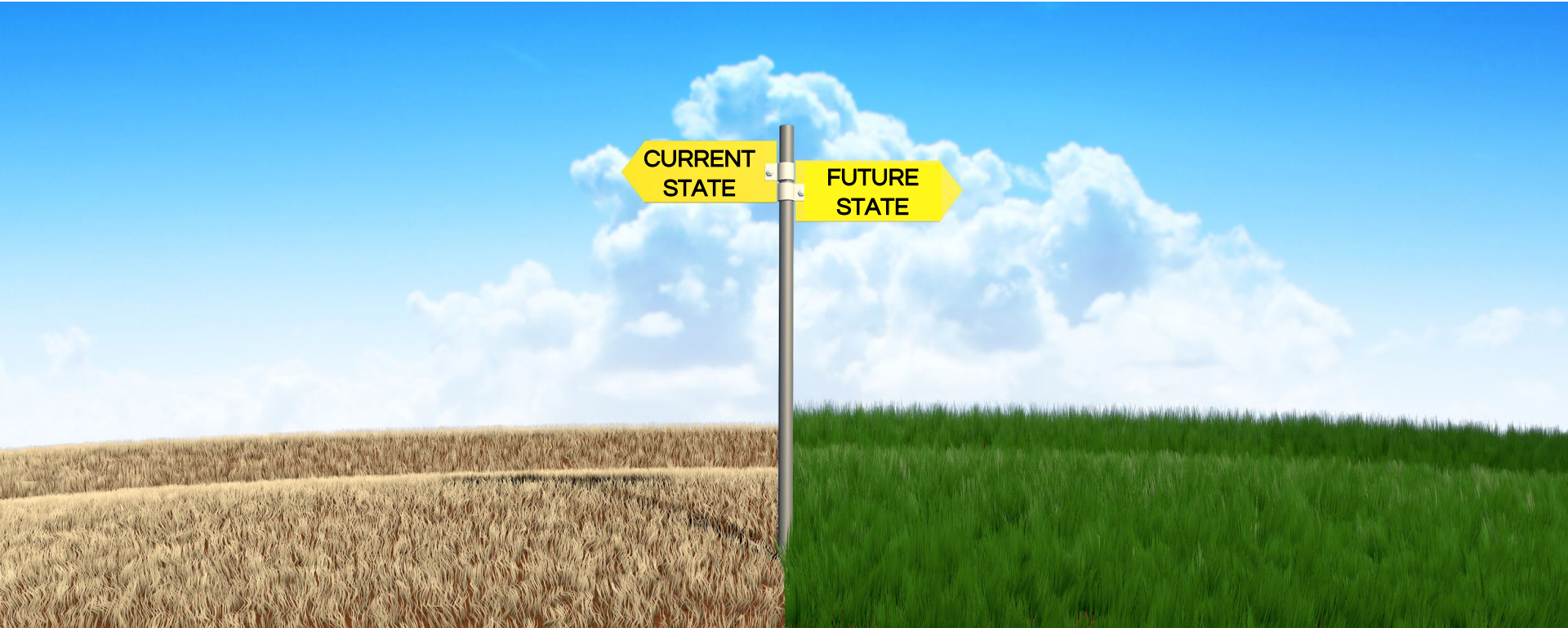
What about Continuous Improvement in business?



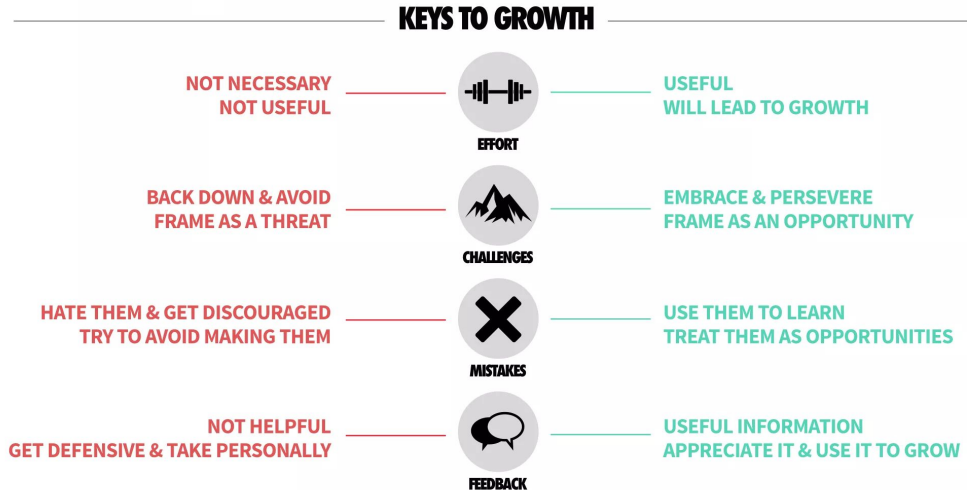
What makes Continuous Improvement so hard?



Do you have the will to change for the better?



Having a growth mindset isn't a given



Do you have the authority to introduce change?



Do you have a plan?

Hope is not a plan.

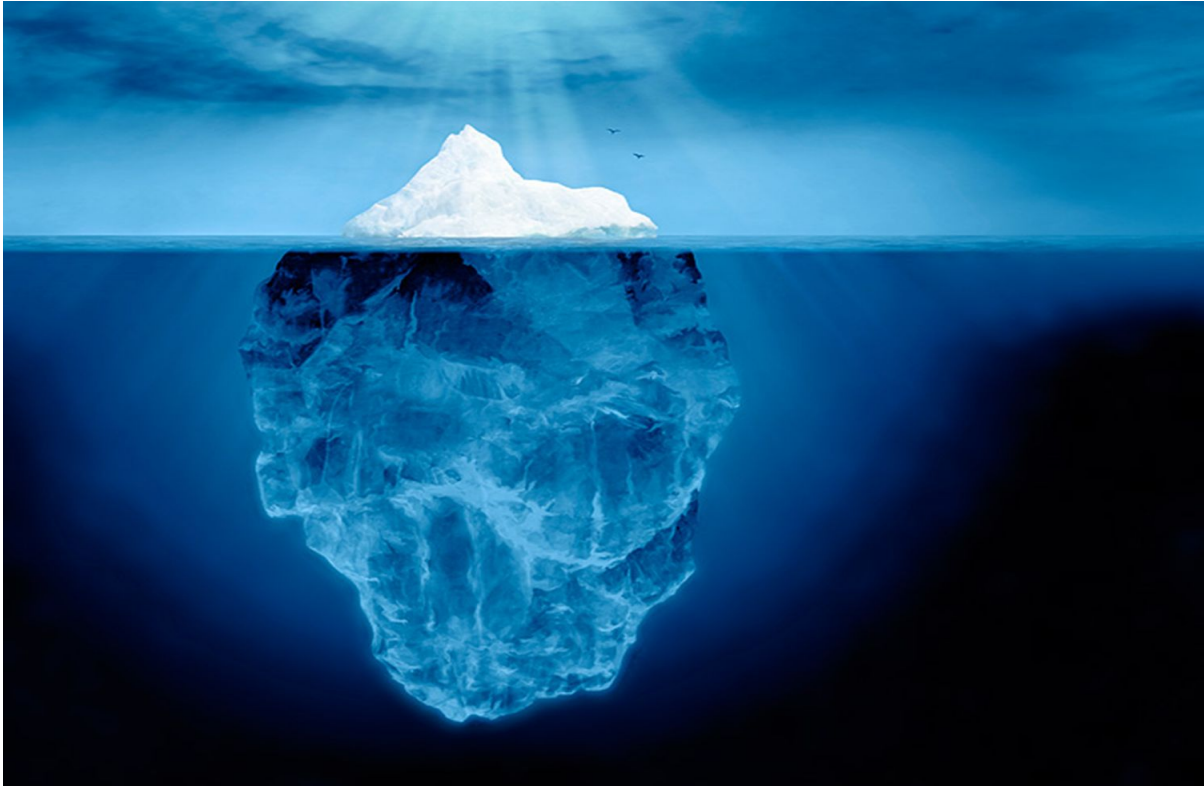
Change requires...

Dedicated
mindful
incremental growth
over time

Start with self-reflection



Examine the root cause



The Five Questions

- 1) What is the **Target Condition**?
- 2) What is the **Actual Condition** now?
-----(*Turn Card Over*)----->
- 3) What **Obstacles** do you think are preventing you from reaching the target condition?
Which **one** are you addressing now?
- 4) What is your **Next Step**?
(Next experiment) What do you expect?
- 5) How quickly can we go and see what we **Have Learned** from taking that step?

*You'll often work on the same obstacle with several experiments

Reflect on the Last Step Taken

Because you don't actually know what the result of a step will be!

- 1) What did you plan as your **Last Step**?
- 2) What did you **Expect**?
- 3) What **Actually Happened**?
- 4) What did you **Learn**?

----->
Return to question 3

Expand on existing tools



Make up new tools



Let's do one together!



Now you try!

- What's the current state and/or problem?
- What's the root cause?
- What's the desired state?
- What are the things that are holding you back?
- What can you do to address **one** of those obstacles?
- What will you look for to determine if you've been successful?
- When will you check in on your progress?
- Who can help?

Questions?

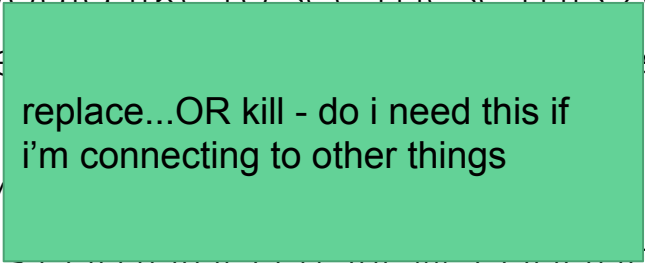
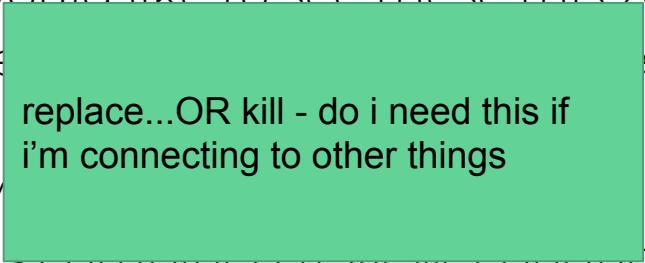


Step Five:
Retrospect all.the.damn.time.

@settiemarie

hope != a plan

Identify your goal

- Situation: The zone I'm coaching has decided to do a combined Sprint Review that feels more like a show-and-tell
- Motivation: I would like to see these this zone get a lot of value out of the ed or otherwise.
- Outcome(s): Over  help them refine the goals for this combined review, conduct experiments, and validate the impact with attendees so that we land on a version that everyone draws value from.

**replace...OR kill - do i need this if
i'm connecting to other things**

~~Let's starting lifting!~~

Let's start with you!



Review a step

Add to your plan



Powerlifting

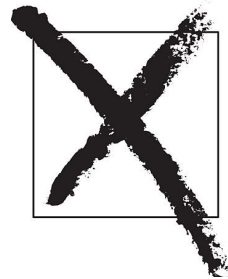
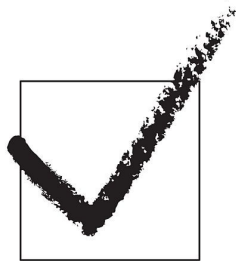
Put simply, it means 'using different parts of your body to pick heavy stuff up and put them down again'

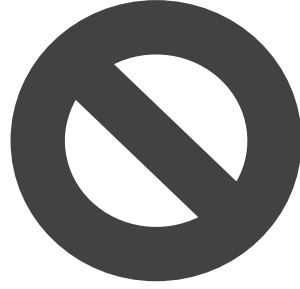
Identify your goal

Situation:

Motivation:

Outcome(s):





Execution Details:

Who:

What:

Where:

When:

How:

Accountabil-a-buddy follow up!

My coach's name is:

My coach's contact information is:

Phone:

Email:

We will check in on:

My goals for that check-in are: