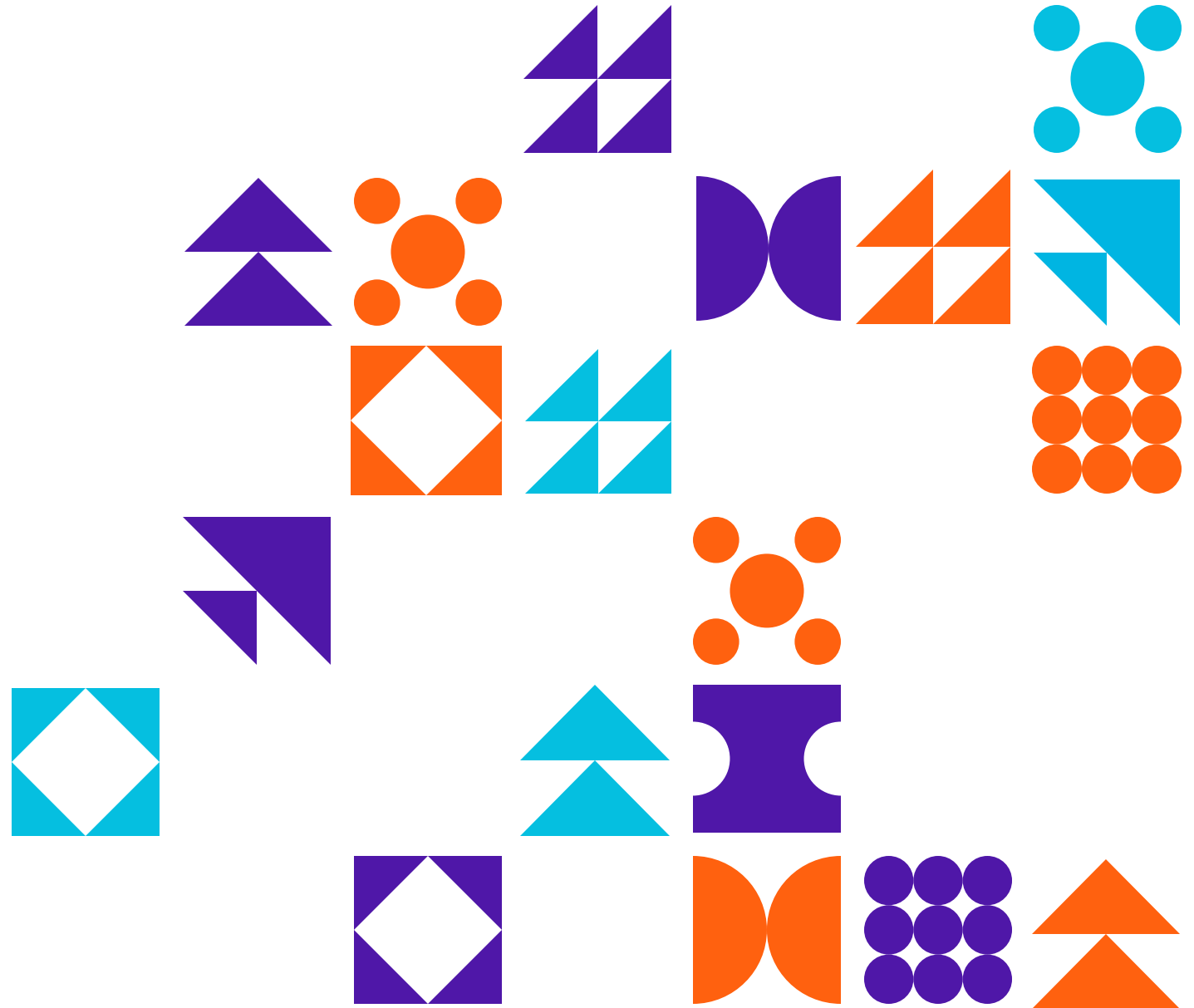


# USING AGILE TO STAY RESILIENT DURING CHALLENGING TIMES

NK Shrivastava, PMP, RMP, ACP, CSP, SPC4

November 4, 2020

PMP is a registered mark of the Project Management Institute, Inc.



# Agenda

1. Introductions and Expectations
  
2. Using Agile to Stay Resilient During Challenging Times
  - a. What is the Current Situation?
  - b. How is the Pandemic impacting Work From Home?
  - c. Strategies to Achieve Resilience
  
3. Summary / Q&A

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# Your Expectations

What are your expectations from this webinar?

Why are you here today?



Helping  
organizations turn  
their project  
management  
capability into a  
*competitive  
advantage*

# NK Shrivastava

## PMP, RMP, ACP, CSP, SPC4

CEO/Consultant since Dec 2011

- Agile Transformation/Coaching/Adoption
  - Enterprise Agile Coach @ IBM
- Project Management/Process Improvement Consulting and Training Products for Project and Agile Professionals
  - Essential Gear for Project Managers  
[RefineM.com/products/essential-gear-for-project-managers/](https://www.refinem.com/products/essential-gear-for-project-managers/)
  - PMP Exam Simulator  
[RefineM.com/pmp-exam-prep-practice-test/](https://www.refinem.com/pmp-exam-prep-practice-test/)
  - Agility Assessment Tool  
[Agility.RefineM.com/](https://www.refinem.com/agility/)
  - Videos – PMP and Agile  
<https://vimeo.com/search?q=RefineM>

20+ years of successful project leadership

- Successfully led hundreds of projects of all sizes
- Recovered many projects, saved millions of dollars
- Implemented numerous process improvements
- Coached/mentored hundreds of PMs and executives
- Board member of SWMO PMI Chapter (2008-2014)



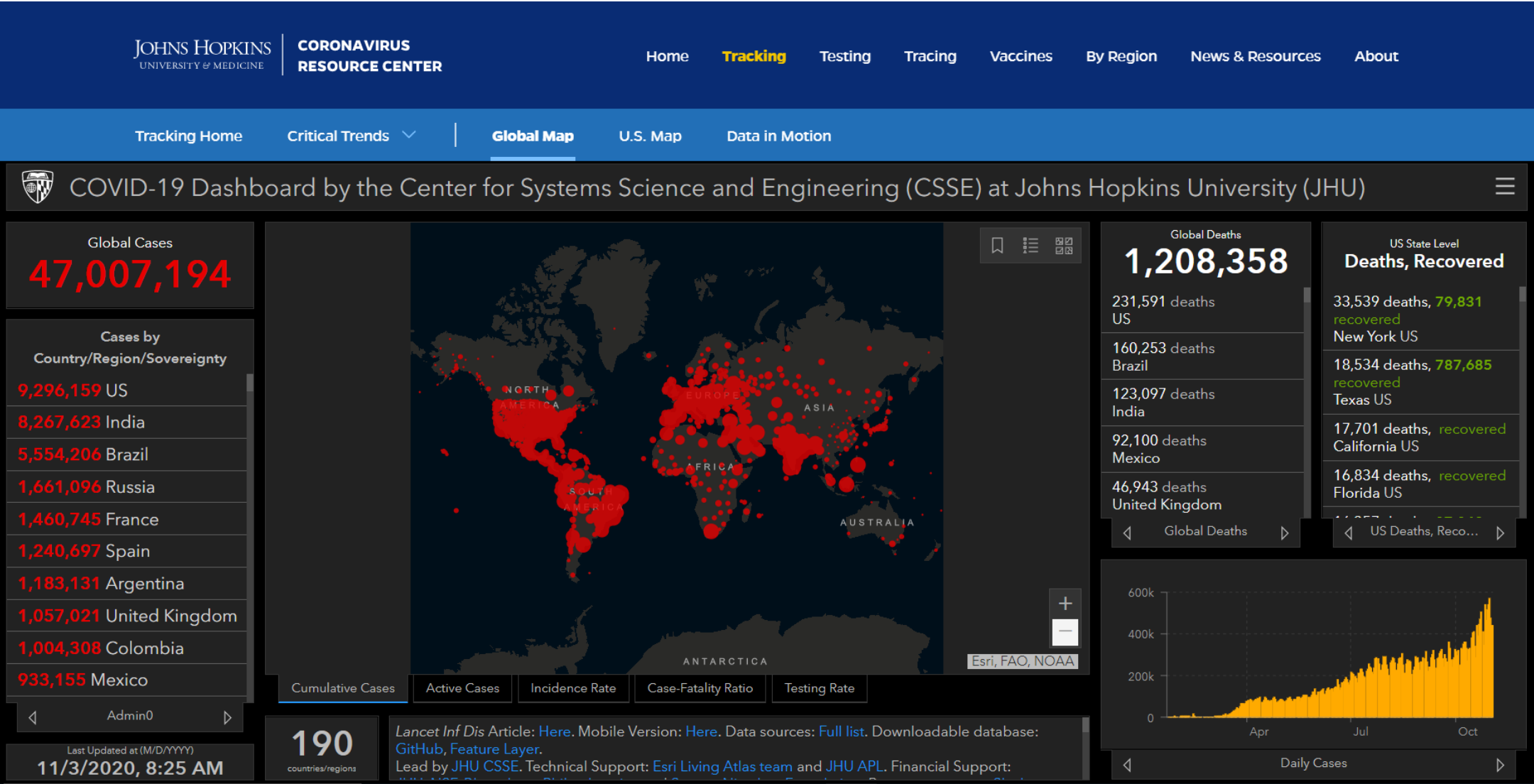
# RefineM

# Survey Question 1

## **How has the pandemic affected your ability to work?**

1. I feel devastated by the pandemic
2. The pandemic has noticeably affected my ability to work
3. The pandemic has not changed anything about my work
4. The pandemic has slightly affected my work positively
5. The pandemic has enhanced my ability to work

# What is the Current Situation?



# How is Pandemic Impacting Work From Home?

1. Many major companies have moved to permanent work from home including Microsoft, Facebook and Twitter
2. In July 2020, 53% of American adults reported negative mental health impact due to worry and stress over coronavirus – up from 32% in March
  - 36% reporting difficulty sleeping



Source: <https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>

## Survey Question 2

### **What affects your productivity and mental health the most?**

(Select all that apply)

1. Distractions because of working from home
2. Blurring of work/home life
3. Stress due to of whatever is happening around the world
4. Technical issues (computer, internet etc.)
5. Feeling socially disconnected with the co-workers/professionals





# Strategies to Achieve Resilience



1. Focus on Customer – i.e. Yourself
2. Reduce Noise/Waste
3. Pick Work You Like and Enjoy
4. Do Your Routine
5. Collaborate, Virtually
6. Be Ready to Adapt to Changes
7. Create Your Backlog

# 1. Focus on Customer – i.e. Yourself

1. Do meditation/yoga 1x/day
2. 1 hour, preferably in morning
3. Listen to your body and mind



**Customer satisfaction is important in Agile – that includes you as a customer**

## 2. Reduce Noise/Waste

1. Limit intake of news
2. Preferably read news after work
3. Tune out news that is bad / outside of your control



**Reduce distractions by reducing waste such as oversaturation of news**

### 3. Pick Work You Like and Enjoy

1. Devote time to your passions
2. End day with content you like
3. Watch funny shows and/or positive news



**Pick your own work and own content like a self-managing Agile team member does**

## 4. Do Your Routine

1. 8 hours a day focused on work
2. At least 2 hours focused on "you"
3. Keep time for family and friends
4. Set the routine and try to meet it as often as possible

<b>Time/ Duration</b>	<b>Activity</b>
5:30 AM	Good Morning
6:00 AM - 6:30 AM	Get ready for the plan/ review day plans
6:45 AM - 8:00 AM	Yoga/Meditation/Exercise
8:00 AM - 5:00 PM	Office Work (with breaks) + 30 minutes walk
5:00 PM - 6:00 PM	News/Connecting with friends
6:00 PM - 7:00 PM	Bike/Exercise/Time with my son
7:00 PM - 8:30 PM	Dinner, Fun Stuff, Social Media
8:30 PM - 9:00 PM	30 minutes walk (with family)
9:00 PM - 10:00 PM	Connect with remote family & friends
10:00 PM - 10:30 PM	Free time
10:30 PM	Good Night

**Do your routine and establish a cadence that works for you**

## 5. Collaborate, Virtually

1. Use videoconference / social media to keep up with friends and family
2. Make it a regular thing
3. Swap strategies for success



**Run your work and personal lives on collaboration**

## 6. Be Ready to Adapt to Changes

1. Get into right mindset about Changes
2. Changes can happen quickly, speed of change is accelerating
3. Expect changes and deal with those using Agile principles

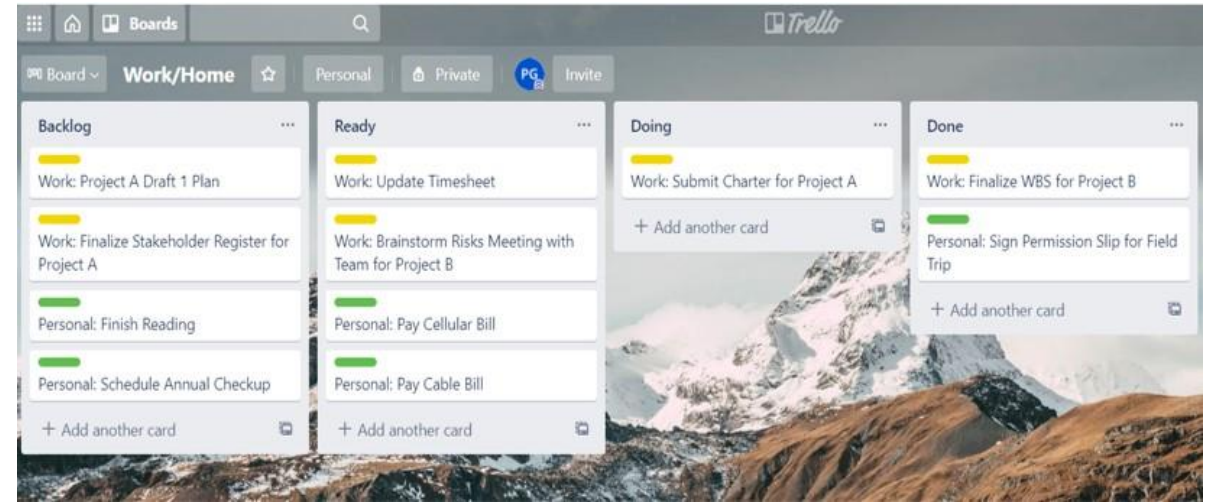


**Make sure you can respond quickly and adapt in an Agile way**



# 7. Create Your Backlog

1. Record work and home tasks
2. Prioritize
3. Iterate and adjust



**Create your backlog and use it to iterate and adjust as needed**

# Survey Question 3

Which strategies will greatly help you to stay resilient during the COVID, and even after?

1. Focus on Customer – i.e. Yourself
2. Reduce Noise/Waste
3. Pick Work You Like and Enjoy
4. Do Your Routine
5. Collaborate, Virtually
6. Be Ready to Adapt to Changes
7. Create Your Backlog

**Vote now – 1 minute**

# Conclusion

1. Resiliency is more important than ever in the face of the world situation
2. Start building resiliency using Agile principles and practices
3. Iterate and adjust to optimize and become fully resilient

**Build your resiliency with Agile today**

# Questions?

**NK Shrivastava, MBA, PMP, RMP, ACP, CSP, SPC4**

**CEO/Consultant, RefineM**

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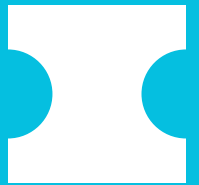
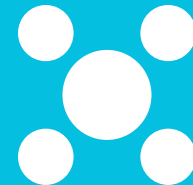
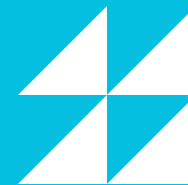
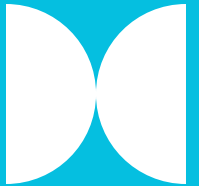
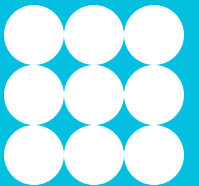
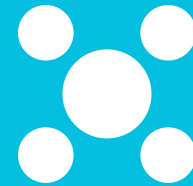
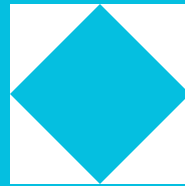
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THANK YOU



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