

### **1. UNDERSTANDING AGILE METHODOLOGY AND MINDSET**

#### Learning Objectives

- Create a mutual understanding of what Agile Methodology and Mindset mean at your workplace and how to distinguish these two concepts
- Assess behaviours and systems that may influence organizational agility and assess where you currently fall on agile-waterfall spectrum

#### Learning Outcomes

- By the end of this module, trainees will be better equipped to understand the importance of Agile Methodology and Mindset and how to distinguish between these two concepts. They will be more aware of current behaviours and systems that are influencing their individual and organizational agility

### **2.DEVELOPING EMOTIONAL AGILITY**

#### Learning Objectives

- Identify the perceptual and psychological processes that impact the way that individuals interact in a fast-paced and ever changing environments
- Examine the psychological processes that impact emotion and thought process management

#### Learning Outcomes

- By the end of this module, trainees will be equipped with frameworks that will help them recognize their own unconscious patterns and how these patterns affect their perception and their interactions. They will also be equipped with the steps on how to overcome their limitations by accepting emotions and acting effectively

### 3. ESTABLISHING AGILE LEADERSHIP SKILLS

#### Learning Objectives

- Develop the skills to identify the needs of each individual and situation and adapt your leadership style accordingly
- Develop the skills to handle different unexpected demands while adapting or changing strategy to deliver the desired results in a timely manner

#### Learning Outcomes

- By the end of this module, the trainee will learn to identify their needs and gaps within their own agile leadership skills. They will also be equipped with steps to develop the ability to understand the requirements for remaining adaptive and resilient in a fast-paced and ever-changing environment

### 4. TRANSFORMING FROM TRADITIONAL TO AGILE ORGANIZATION

#### Learning Objectives

- Assess the impact of your company's current system and workplace structure on creating an agile organization
- Explore methods and tactics to leverage agility in a workplace to create a high-performing and adaptive organization

#### Learning Outcomes

- By the end of this module, the trainee will be equipped with different techniques to cultivate agility and adaptability within the team that increase engagement, performance and productivity