



**Courses and Workshops**  
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**Michael Nir**

**Sapir Consulting US**

## **Agile and Scrum 101 – Best Practice Secrets of Agile and Scrum**

This exciting and practical workshop will provide you a broad understanding of Lean Agile and Scrum. You will learn how to start an Agile project using Scrum and Kanban, how to define a product backlog, what are the best practices for story pointing, how to effectively lead the various Scrum meetings, and what are key success attributes of the Scrum Master, Product Owner and Agile team

*\* Can be adapted for a two day PMI-ACP certification training*

*\* Can be adapted to include user story mapping*

## **The Lean Startup – Business Agility**

Embrace true business agility: combining Lean Startup with Agile and Design Thinking in a collaborative, hands-on approach; this workshop will launch you to the 21<sup>st</sup> century and beyond!

- Describe elements of the Lean Startup approach;
- Articulate key benefits of using the Lean Startup;
- Practice Lean-Agile and Design Thinking tools and techniques;
- Practice a follow on project with your team;
- Get coached and present to your executive team the product you created

*\* Delivered in house to United Healthcare – Uhone/Golden Rule at Green Bay*

## **Leading THE Scaled Agile Framework (SAFe Agilist Certification)**

This two-day SAFe certification course will show you how to successfully scale Agile principals across your organization by utilizing Lean thinking practices and Product Development Flow techniques.

*\* Can be adapted to a one day without certification*

## **The Agile PMO**

In this practical workshop we focus on the value driven PMO as an integrator, enabler, differentiator, and change agent in business, development and the organization in general. We analyze the essential model for PMO value enablement which answers:

- What does it mean to be an Agile PMO;
- How to ensure effective streamlined delivery;
- How to effectively select and prioritize opportunities;
- How to manage resource allocation from a top down approach in an effective manner

## **Bear in Mind – Influence without Authority;**

This day training provides practical hands on experience of influence, primarily in a matrix organization; where informal power is the driver for success. We equip you with relevant best practice tools: you will be involved in recreating and re-running real interpersonal situations using the learning to discover specific behaviour patterns, relate to them, investigate different approaches and learn how to influence without authority.

## **Building Highly Effective Agile Teams**

This presentation/workshop provides you with the much needed practical advice on how to create an effective collaborative team environment.

You will learn to: Identify the characteristics, challenges and opportunities of virtual leading teams; Define key strategies for leading effective virtual teams; Recognize what virtual team members need and expect from virtual team leaders; Employ key techniques to build trust.

## **Embracing Change – The Agile Transformation**

- How to understand and overcome resistance to change
- The secrets to working effectively when everything is changing
- How to increase risk-taking behavior and become more flexible
- The phases of adjustment following a dramatic change
- How to build “personal hardiness” and use it as a buffer against stressful events
- Ways to handle workplace anxiety

## **Critical Problem Solving Skills**

- Strategic analysis
- Avoiding faulty logic
- Systems thinking
- Tools for thinking wide, deep and long-term
- Creativity tools
- Decision-making approaches
- Using intuition

## **Negotiating Skills for Project Managers and Agile Teams**

In this workshop we will uncover the secret of successful negotiators; we will present a methodology to tackle even the most challenging situations, coupled with a tool set and proven techniques.

Participants will receive a valuable practical approach enhancing their professional life and extending to outside the work space.

The workshop is built around the established De Facto negotiation Harvard standard for negotiation: Getting to Yes by Fisher and Ury.

### **Negotiation skills for Managers and Leaders**

- The basics – some concepts
- How we are and what we think we communicate – communications and how they work: active listening, empathy, and perceptions
- Principled negotiations, understanding the framework
- The Principled negotiation process: planning, executing and reviewing
- Planning for negotiations: Positions, interests and common objectives.
- Working your BATNA and that of the colleague
- Preparing for negotiation – Jujitsu tactics and how to prepare for them; working with perceptions
- Reviewing and recapping the negotiations