

Agile + DevOps **EAST**

A TECHWELL EVENT

AT4

Agile Product Development

Thursday, November 8th, 2018 10:00 AM

The Introvert's Survival Guide to Agile

Presented by:

Julee Bellomo Everett

CCG Analytics

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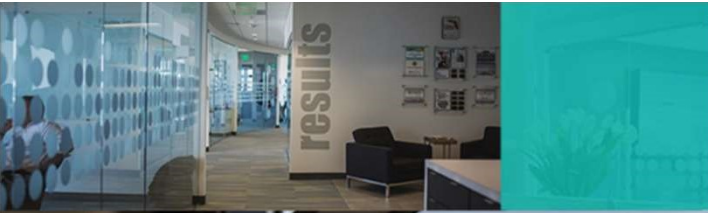
Julee Bellomo Everett

Julee Everett is an innovation and agility consultant and professional trainer with more than a decade in the industry. She helps businesses improve their innovation skills and learn how to apply agility to business strategy and problems. Julee specializes in product and portfolio management, design sprints, innovation, and product discovery workshops. She is the founder of the ProductCamp Gulf Coast and the Tampa Bay Product Owner group. Learn more about Julee and her current products and trainings available at www.northstarproductlabs.com.

Introvert's Survival Guide to Agile

Julee Everett

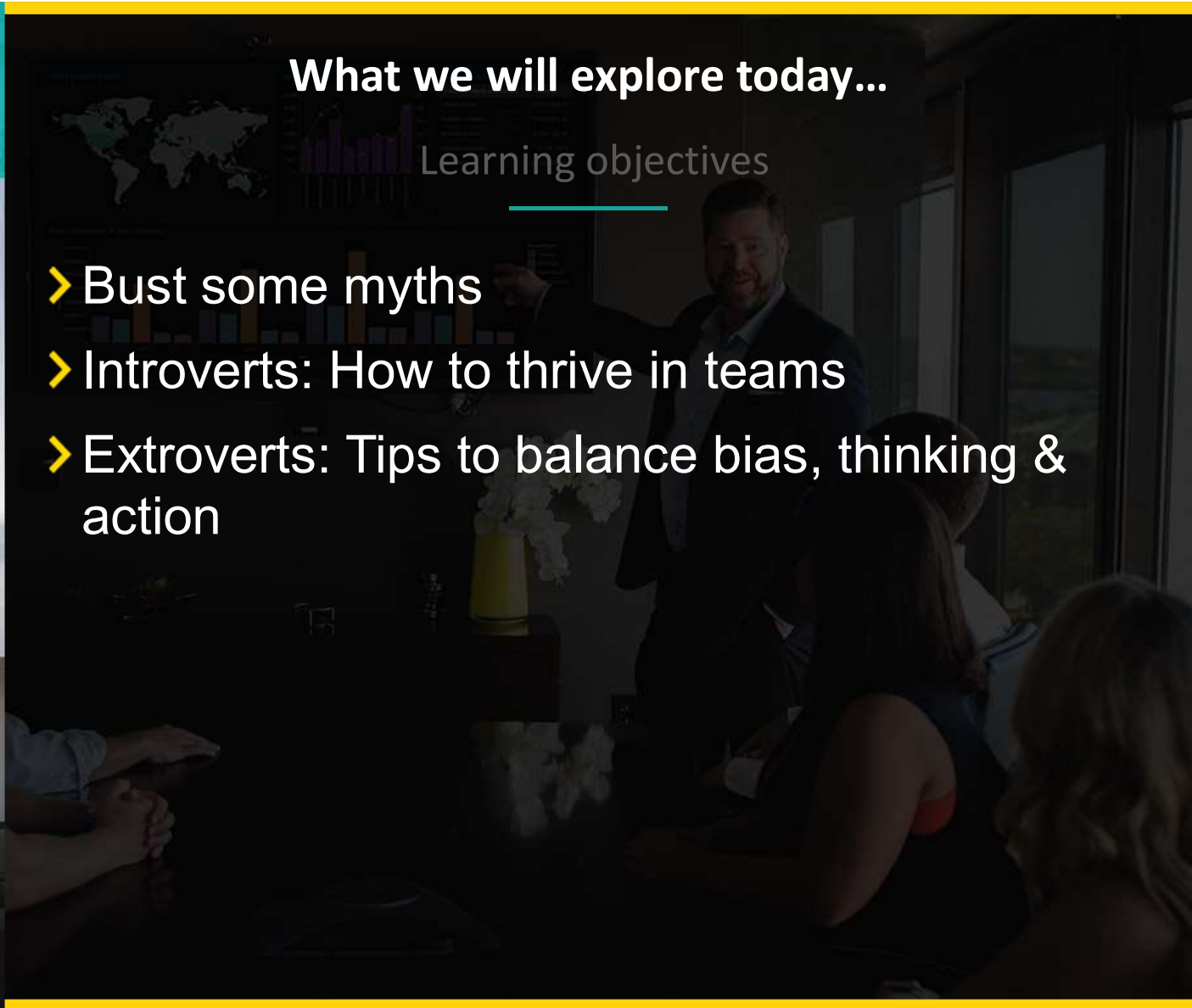




What we will explore today...

Learning objectives

- Bust some myths
- Introverts: How to thrive in teams
- Extroverts: Tips to balance bias, thinking & action



Innovation, Product & Portfolio

Julee Everett

- › Innovation & Ideation labs
- › Product & portfolio coaching
- › Professional Scrum training
- › Collaborator of the book, Lean Agile Marketing
- › Founder, Tampa Product Owner User Group
- › Founder, Gulf Coast ProductCamp
- › Tampa Bay Agile Coach of the Year 2017

Director of Client Success





My name is Julee, and I am an Introvert

You might be an
introvert if...

“I can’t wait to leave this conference and be alone with my thoughts. It’s as restorative as sleeping; as nourishing as eating.”

You might be an
extrovert if...

“When I sit down at lunch, I make eye contact, smile, maybe chat if there’s an opportunity. It gives me a little positive moment in the day.”

Self-Identify

As I read each statement, indicate on a scale of 1 - 5 (on paper or in your head) how much you agree or disagree with each one as a description of yourself. Don't overthink the answers. Just go with your first instinct.

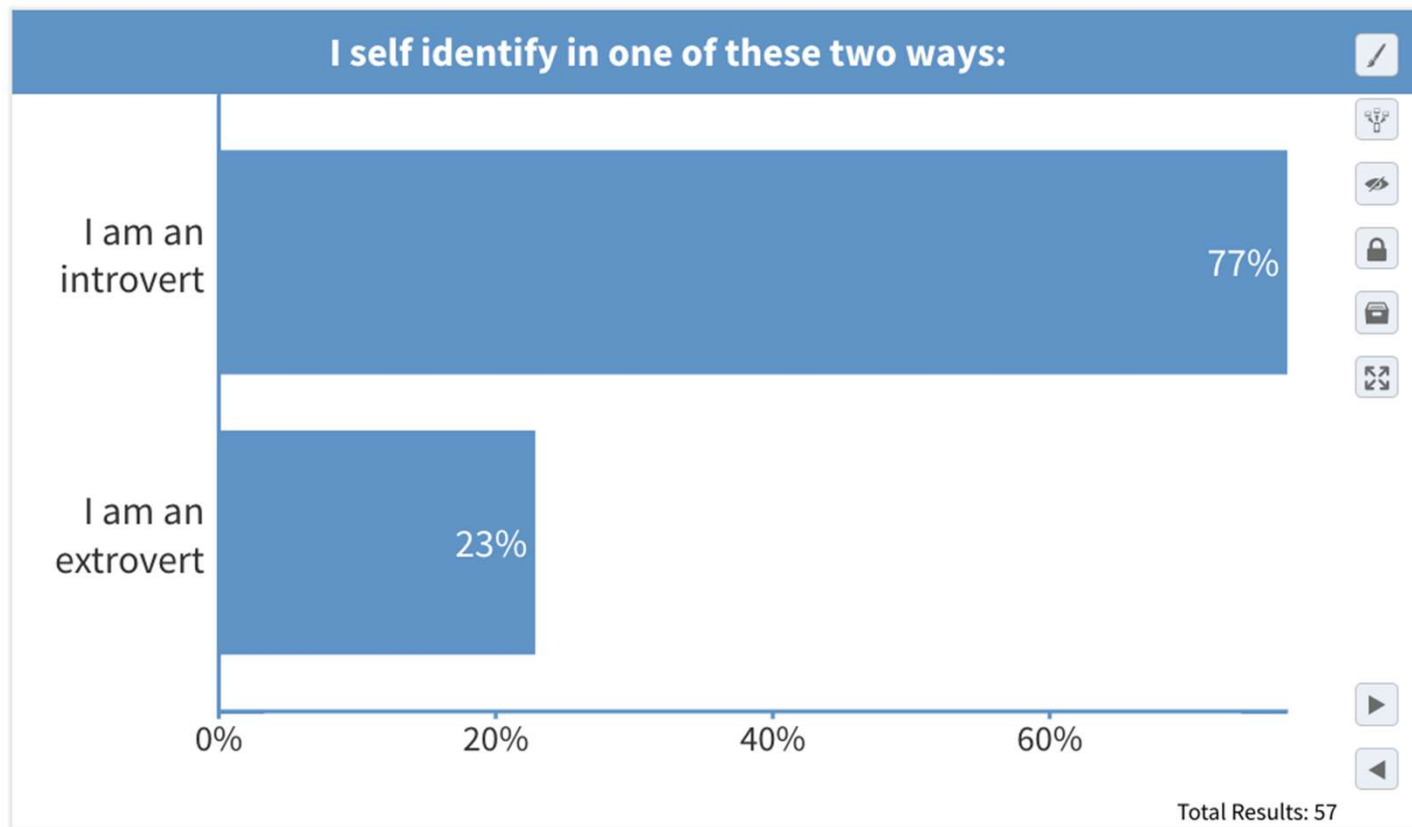
1 Not me at all



5 She gets me

- I prefer to express myself by writing rather than speaking.
- I often let calls go to voicemail deliberately.
- If you gave me a brain problem to solve, I would prefer quiet vs “hammering it out” with a group.
- I prefer to celebrate my birthday with 1-2 friends & family than a party.
- I'd rather have these days free to learn or work by myself than be here.

One-third to one-half of us are introverts!



Results from SGMSP18

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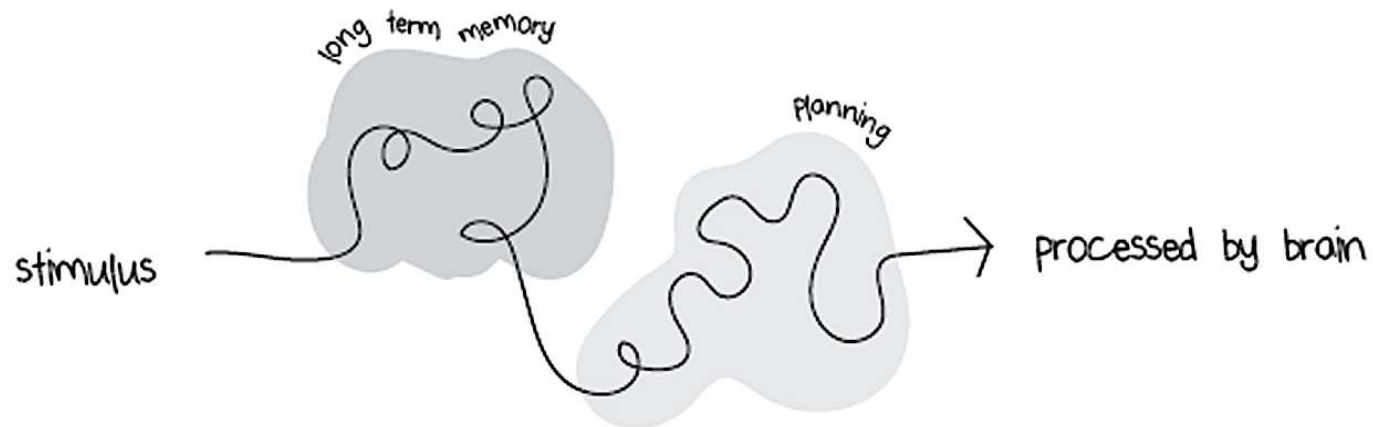


It's Biology.

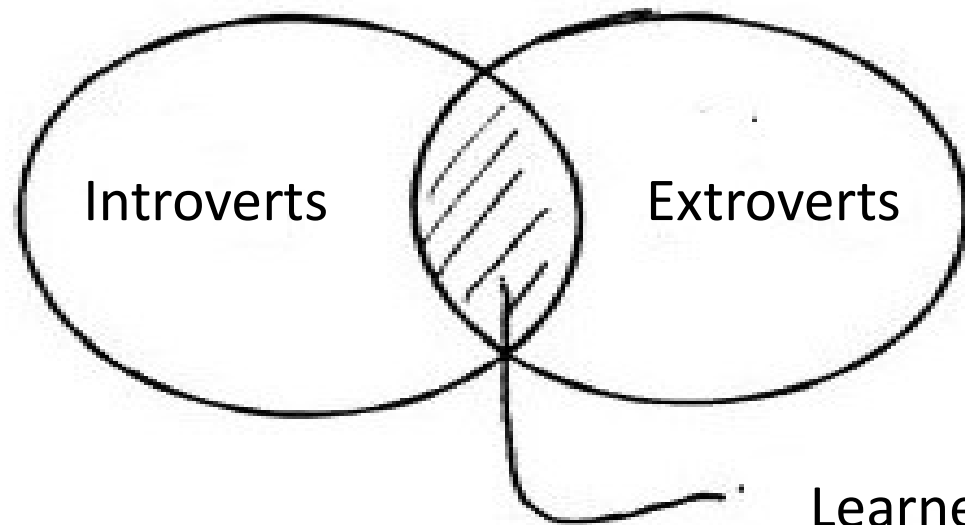
extrovert



introvert



Sometimes we are hard to spot!

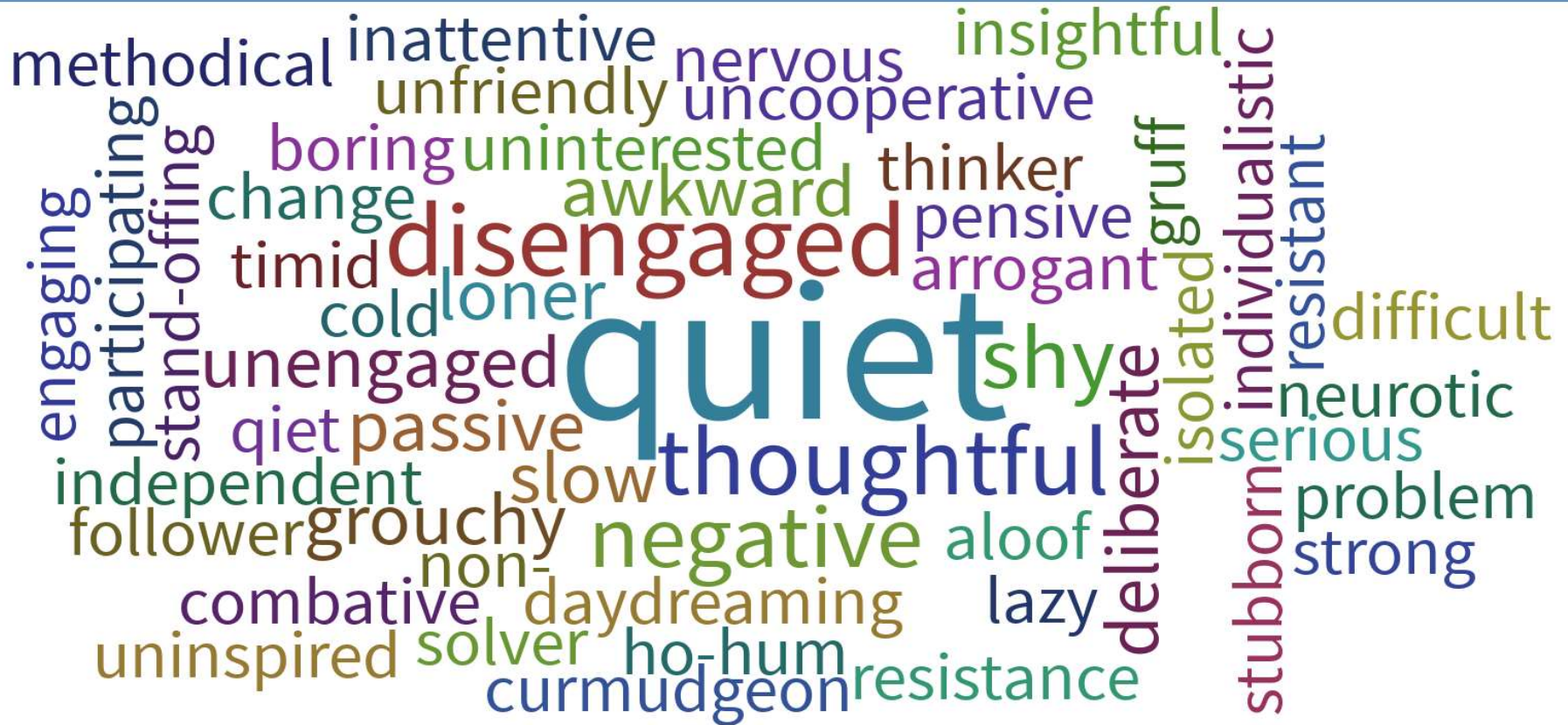


Learned Behavior
Or ever heard of
Ambiverts?

Agile seems to be designed for extroverts!



What words come to mind when you think of an introvert on your team?



Start the presentation to see live content. Still no live content? Install the app or get help at PollEv.com/app

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Focus on strengths, not labels

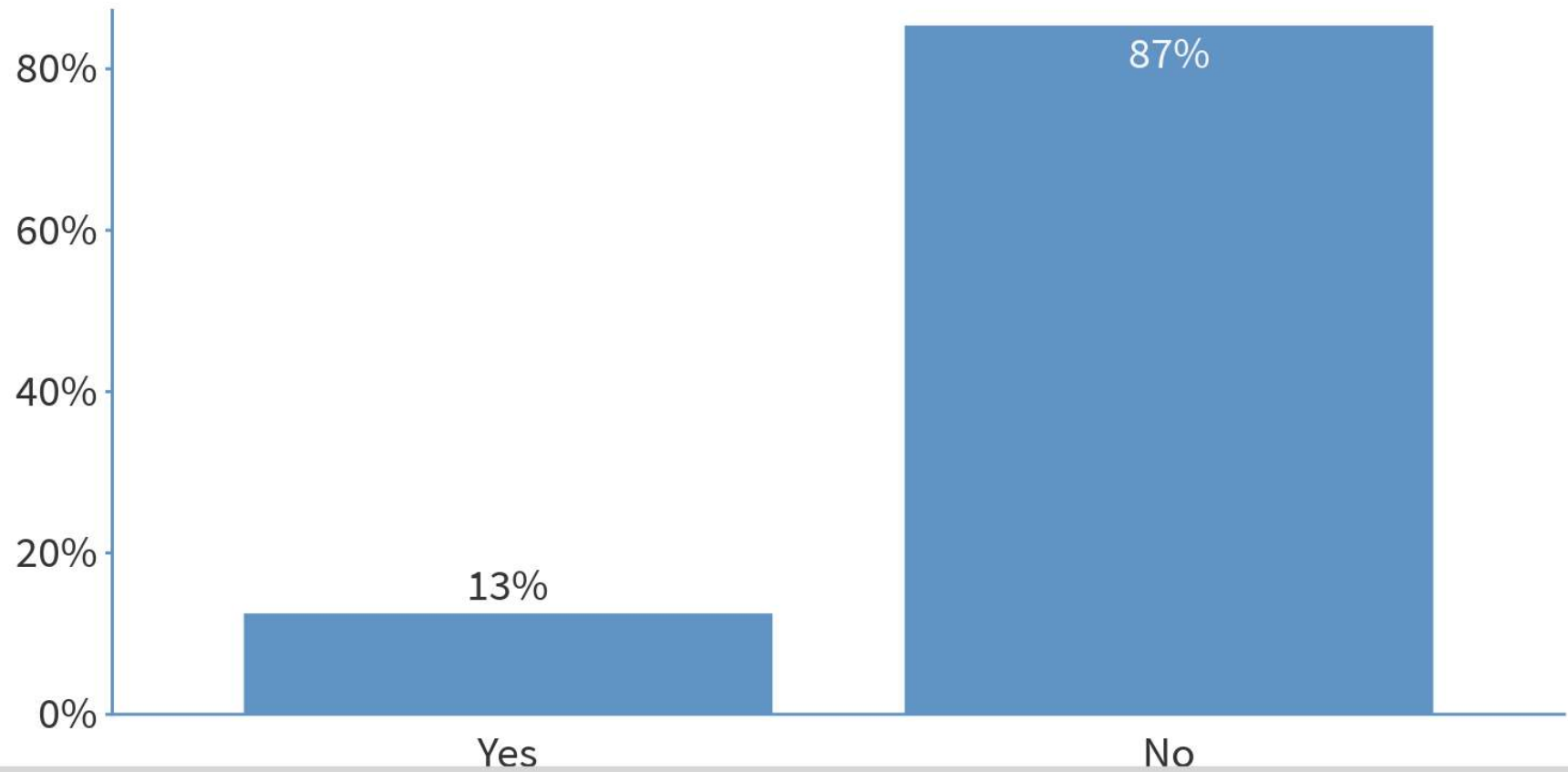
Introverts:

- Work more deliberately and slowly.
- Prefer to concentrate on a single task at a given time
- Long-term thinkers and excellent problem solvers

Extroverts:

- Tend to tackle their assigned work promptly; they're quick decision makers
- Comfortable with risk-taking and multitasking
- Energized by social gatherings and sharing ideas

The world perceives introverts as good leaders.



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Myth-busting

- Social Situations
 - Introverts DO like people! Just smaller, more quiet groups
- Leadership
 - Introverted leaders help others to become their best self
 - Introverted leaders favor a decentralized workplace
- Sales & Customer Support
 - The balance of an ambivert helps them to use varied approaches

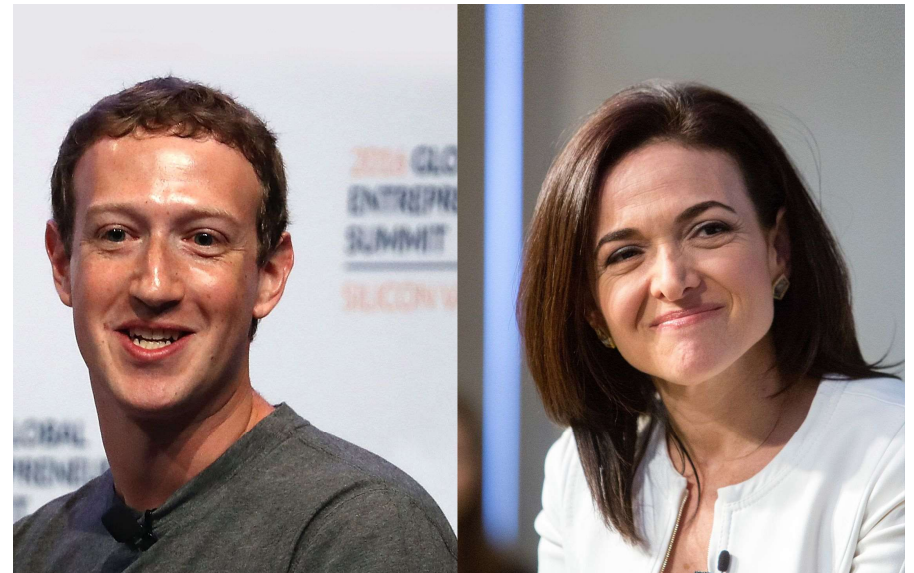
It's all about balance

The key to success for both extroverts and introverts comes down being honest about strengths and weaknesses, and picking the right approach.



Balance leadership

Introverts don't need to become extroverts; they just need to work with them to socialize and mobilize their business ideas.



Facebook's Mark Zuckerberg & COO Sheryl Sandberg

Balance preferences

“I’m basically like an introverted engineer, so, it took **a lot of practice and effort** to be able to go up on stage and not just stammer basically...As the CEO, you kind of have to.”



Elon Musk - CEO &
Product Architect of Tesla Motors

Balance energy with restoring

1. Commit to “Speaking Dangerously”*
 - Select 1 – 10 for anxiety level
2. Prepare more (be like Elon)
3. Go in the room first
 - Easier than entering a full, noisy space
4. Negotiate for quiet spaces
5. Make time to renew energy



*Susan Cain

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Extroverts: Balance action & thinking

- Create quiet spaces and times
 - Start with quiet
 - Meeting-free time
- Create a balance between action & thinking
 - Start with writing before talking
 - Give people time to respond
 - Brainwriting vs brainstorming
- Use technology like this one



Goldfish's attention span: 9 seconds.
People's attention span: 8 seconds.

Beware of your own bias



How to care for your introvert:

1

Respect
my need
for privacy

2

Don't call
me out
publicly

3

Let me
observe
first

4

Give me
time to
think

5

Don't
interrupt
me

6

Give me
notice of
changes



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theagilecorner.com



Write.

Don't
call.

