

» Pomodoro technique

for agile teams

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Pomodoro Technique



Goals

- » **Enhance focus**
- » **Reduce interruptions**
- » **Divide complexity**
- » **Gather small successes**
- » **Detect blockers early**
- » **Keep a sustainable pace**

Pomodoro core

- » **30min cycles:**
 - » **25min focus**
 - » **05min break**
- » **'Break cycle' after 3-4 cycles**
- » **Bell rings at phase change**

Supporting activities

- » **Plan**
 - » **tasks lists**
 - » **estimate cycles per task**
- » **Track**
 - » **cycles per task**
 - » **interruptions**
- » **Visualize & improve**

Pomodoro & Scrum

- » **Shared values**
 - » **work iterations**
 - » **clear focus**
 - » **tracking**
 - » **inspection**

Perfect pomodoro

- » **tasks are 1-cycle sized**
- » **feel the rythm (inner bell)**
- » **ability to focus/defocus**

Timers

Physical Timers

- » **suggested by creators**
- » **benefits**
 - » **clearly visible any time/one**
 - » **audible tick**
 - » **audible end/start**

Digital Timers

- » **benefits**
 - » **automatic cycle start**
 - » **customizable**
 - » **less intrusive**

www.pomodoro-helper.com

- » **interruptions, notes**
- » **graphs, projects**
- » **unbreakable pomodoro**
- » **no custom durations**

www.focusboosterapp.com

- » **Adobe AIR**
- » **custom session/breaks durations**

Apps apps apps

- » 40 iOS apps
- » 40 Android apps
- » 7 OsX apps

Experience

Standard pomodoro for a team

- » **Team or perso rythm?**
- » **I don't want to be the timer**
- » **I forget to start/stop it**
- » **Should/can we start now?**
- » **Morning/evening situation?**
- » **>> poor results**

PomodoRAW - how we do it

- » **mixes pomodoro and scrum**
- » **works for our team**

PomodoRAW - rules

- » evertimer 00>25>30>35>00
- » jump in/out at '00 or '30
- » enforce focus/defocus
- » enforce 'break cycle'
- » tracking on scrum board

PomodoRAW - benefits

- » **focus together**
- » **less ext. interruptions**
- » **motivation & respect**
- » **break together**
 - » **share ideas**
 - » **unblock each other**
 - » **relax and have fun**

Just do it!
pomodorotechnique.com
book & cheatsheet PDFs ...