Team Peace of Mind:

Harnessing the Power of Flow for Happier Teams and Higher Quality Deliverables

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What Makes You Happy?
OPTIMAL EXPERIENCE
Optimal Experience: Example
Optimal Experience: Example
Optimal Experience

Conditions for flow
GOAL

Optimal Experience
FEEDBACK
Optimal Experience

Balance between

CHALLENGE

and

SKILLS
Optimal Experience

Challenges vs. Skills
Optimal Experience

Challenges

Anxiety

Skills

Boredom
Optimal Experience: FLOW

- Anxiety
- Boredom
- Challenges
- Skills

FLOW
What does this look like in your world?
Optimal Experience: GOAL

Product Backlog
Sprint Backlog
Optimal Experience: FEEDBACK

Builds

Automated Tests
Peace of Mind

TDD

Pomodoro

Personal Kanban
Personal Kanban
Personal Kanban

To Do
- Prep for company meeting
- Heuristic review of portal
- MVP Article - Goal statements
- MVP Article - Prioritize goal statements

Doing
- Prep for Dev Flow Talk

Done
- Wireframes for JAM process review
Personal Kanban
Personal Kanban: GOAL

Complete Workload
Personal Kanban: FEEDBACK

Visualize WIP
Workload Clarity
Identify Skill Gaps
Pomodoro Technique

Personal Kanban

Pomodoro
PICK A TASK
Pomodoro Technique

WORK ON IT FOR 25 MINUTES
Pomodoro Technique

TAKE A BREAK
Pomodoro Technique
Pomodoro Technique
Pomodoro Technique: GOAL

Pomodoro Tasks
Track Progress

Track Interruptions
Accomplishable Tasks
Test Driven Development

RUN THE TEST
CHANGE THE TEST
Test Driven Development

CHANGE THE CODE
Test Driven Development
Write the Test
Run the Test
Confidence
Peace of Mind

TDD

Pomodoro

Personal Kanban
Peace of Mind

Results vs. Effort

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Results

FLOW

Effort

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What about you?

What are you going to do to promote *Peace of Mind*?

www.pomiet.com/your-voice/
Continue the Conversation

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