



A Full Hearted Approach to Scrum

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I am Grateful for Scrum

- Career
- Values
- Framework and Language
- People
- Leadership



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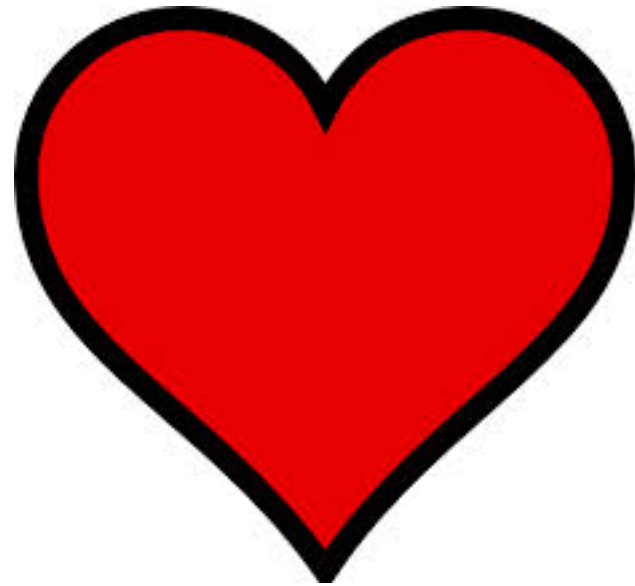
Career

- I make my living as a CEC!
- But I believe I am a better person from what I do



Values Give Scrum Heart

- Openness,
- Courage,
- Respect,
- Focus
- Commitment



These values spill over into my life in general!

Scrum Framework



- Scrum gives a common language across many diverse Teams and is a reminder to be Open to and to Respect the differences.
- There is a deep power in the People involved and Values of Scrum, which takes it farther than just a Framework!
- Scrum helps everyone have the Courage to be Curious and welcome finding Issues and facing Change
- Scrum reminds me to leave the Past behind and to Focus on Today while forecasting but not being attached to the Future
- Scrum is a reminder to Pace myself for the long run.
- Helping others with Scrum is a great reminder in my own life to finish one thing before going on to another!



People



- Scrum builds a community of like-minded individuals
- I am grateful for those who open up and let me in to see what isn't working well for them and partner with me to improve their company, teams and themselves as individuals.
- In Scrum we are all encouraged to be leaders:
 - to fully commit every day
 - to have personal courage to say what is so when it is so
 - to bring forward areas of improvement
 - to stand in our own ethics, treating each other with respect and re-committing fully to our work every day.

Scrum Encourages Leadership



- Leadership is a journey of discovery.
- It is the expression of a person at his or her best
- It is not a solitary pursuit but one that harnesses the energy of those around you.
- It embraces the mindfulness concept of curiosity and being in the here and now of seeing and dealing with what is around you.

Being Full Hearted with Scrum

- Patrick O’Neill and Angeles Arrien taught the concept of the 4-chambered heart.
 - The **full heart** is the home of deep engagement.
 - The **open heart** teaches us to trust self, others and circumstances as they unfold.
 - The **clear heart** teaches the lessons of integrity and discernment.
 - The **strong heart** is the home of courage.





Celebrate

- Scrum encourages the Positive. I am glad to be given the opportunity today to celebrate what Scrum has reminded me of and continues to give to me:
 - Courage
 - Full Heartedness and Commitment
 - Embracing my Leadership and encouraging others
 - Dealing with People with Respect
 - Forging ahead and keeping my Focus



Scrum!

- Join me today in Gratitude for Having this Wonderful Scrum Community!!

