This is Your Brain on Agile
Overcoming Fear, Anger, and Apathy When Teaching Agile Topics

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Warning! This presentation contains startling images that may be inappropriate for younger viewers.

Some of these images include: zombies, medical imagery of the human brain, ghosts, frightening imagery, this picture of a ghost that kind of looks like a zombie, and other imagery which may be considered gross, yucky, or kind of cool.

If you have: a pacemaker, high blood pressure, are pregnant, or are otherwise susceptible to loud noises, sudden frightening images, darkness, vertigo, or flashing lights please let me before we proceed. Seriously.

Viewer discretion is advised.
Areas in the frontal lobe and the amygdala are active (shown in yellow) during a panic attack.
Threats
YORICK’S SKULL.

An awe inspiring but interesting illusion.

"Now get thee to my Lady's chamber, and tell her, let her paint an inch thick, to this favour she must come."

HAMLET. Act V.—Scene i.

DIRECTIONS TO SEE THE GHOST.

Look steadily, in a good light, for thirty seconds at the mark X in the eye of the skull, and then at a sheet of paper, a wall, the ceiling or elsewhere, and continue your gaze fixedly for another thirty seconds when an awe inspiring and ghost-like skull will slowly appear! By increasing the distance the appariation will increase in size, so that at five or six feet it will appear of huge proportions.

PRESENTED BY PEARL’S SOAP.
Combat Breathing

- **In** through the nose for 4 seconds
- **Out** through the mouth for 4 seconds
  - Additionally, picture a leaf slowly floating down and landing at the level of your belly button.
- **Hold** for 4 seconds
9X
What could be… What could be… What could be… New Bliss (New Norm)

What is… What is… What is…
Libet’s Experiment

- Voltage scalp EEG
- Rise of RP: 550 ms
- Action: 0 ms
- W: Awareness of intention, 200 ms
- Time (ms)
Yes, And...

- The leader starts off with a statement
- Each subsequent person responds with “Yes, And…” followed by something that builds upon what that person just said.
- After 1-2 minute switch leaders and restart.
Two Word Story

◊ The leader starts off with two words.

◊ For example: “Once upon…”, “Get this…” “Wow, I…” or “Funny thing…”

◊ Each person adds two words to the story. Feel free to use a period or punctuation instead of a word.
I Love

◊ Form a circle.
◊ Take turns telling the team about something you love or enjoy.
◊ To mix things up go around the circle randomly. You can do this by calling out names or throwing an imaginary ball to someone.
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YACHT

FLARE GUN OAR
ZOMBIE GOTCHA
TO WIN KEY LOCK

REMEMBER TO TAKE OUT A ZOMBIE OR FREE A TRAPPED TEAMMATE INCLUDING YOURSELF.

ZOMBIES CLOTHING IS HIT WITH AN OAR OR FLARE GUN TO DISTRACT ITS TEAMMATES OR ADD IN ITS DESTRUCTION.

ZOMBIE HAS A LOCK ON YOUR DOOR IS LOCKED. YOU MUST FREE IT WITH A FLARE GUN OR AN OAR. ZOMBIE IS RANGED WITH ONE OF THEIR WEAPONS.

“KEY, YOU MIGHT NEED THIS.” EACH KEY CAN UNLOCK ONE BOX. YOU MAY NOT SAVE THIS BOX FOR FUTURE USE OR ROLL IT. YOU MAY PASS BOXES BETWEEN PLAYERS.

THE YACHT IS LOCATED. THE BOX IS CLOSED. YOU MUST FIND IT WITH A 5 DICE ROLL. OTHER PLAYERS CAN DONATE THEIR DICE TO YOU AS WELL.

GOALS:
TO HAVE FUN!
TO ESCAPE: EACH PERSON MUST ROLL A LOCK (5), A KEY (6), AND DEFEAT ALL OF THE TEAM’S ZOMBIES.

HOW:
YOU DO THIS BY ROLLING THE 5 DICE PROVIDED. EACH ROLL TELLS A STORY AND GIVES YOUR TEAM OPTIONS.

EACH PLAYER MUST ROLL A LOCK (5) AND A KEY (6) TO UNLOCK THE DOOR AND ESCAPE. BUT, CAN THE REST OF YOUR TEAM COME WITH YOU? OR DO YOU LEAVE THEM TO THEIR FATE?

EACH ROLL ZOMBIES (2-4) MAY APPEAR IN YOUR WAY TO STOP YOU. THESE DICE ARE LOCKED (AND CAN’T BE ROLLED AGAIN) UNTIL YOU ROLL AN ITEM FLARE GUNS (2) AND OARS (3) TO FIGHT THEM OFF. EACH ITEM UNLOCKS ONE DICE.

IF YOU ROLL A 4 YOU ARE PERSONALLY STUCK! IF YOU CAN’T FREE YOURSELF, THEN ORIGINALS MUST RESCUE YOU.

THE RULES IN THIS GAME ARE A FRAMEWORK. IF A RULE GETS IN THE WAY OF THE FUN, CHANGE IT! MY DEFAULT ANSWER FOR ALL RULE CHANGES IS “YES, AND WHAT ELSE COULD WE CHANGE TO MAKE THIS MORE FUN GOING FORWARD.”
Find the key (5s)! – You only need one.
Find the lock (6s)! – You only need one.
Beat up zombies (2s)!
If you roll a 4 a zombie grabbed you!
Save yourself (or a friend) with a flare gun (1) or an oar (3).
If you can’t save yourself – you’re stuck! Get help!
Ellsberg Paradox
Questions?
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Images & Videos

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