I’m Still Working on My Masterpiece
A Continuous Improvement Approach to Self-Care

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“Happy Teams Sparkle with Creativity and Productivity”
Newport News Shipbuilding IT – A Differentiating Force

NNS IT MISSION
OUR PURPOSE IS
TO DRIVE CHANGE AND DELIVER SOLUTIONS THAT MAXIMIZE BUSINESS VALUE

NNS IT VISION
TO BE

NNS IT VALUES
OUR BELIEFS ARE
TRANSPARENCY
EXCELLENCE
TRUSTWORTHY
ACCOUNTABILITY
Find a Partner

How do you focus on others in your day-to-day life?

Do you feel like you focus on yourself enough?

@mwindle547
You are a Masterpiece
Even Me?

Everyone is a Masterpiece
Mind, Body, & Spirit

Wonderfully Unique
Focusing on Everyone Except Myself is Problematic.
I Leave a Little Sparkle Everywhere I Go
“An empty lantern provides no light. Self Care is the fuel that allows your light to shine brightly”

– Unknown
Self-Care
Doing things, that you enjoy, to recharge your mind, body, and spirit
Continuous Improvement Approach to Self-Care

1. Self Retrospective
2. Select Small Goal & Time Box
3. Work to Achieve Goal
4. Handle the Ups and Downs
Select a Small Goal & Time Box
Work to Achieve Your Goal
Handle the Ups & Downs
Celebrate Success
Embrace Failure

Learn From It & Move On
“Oh, Well” Statement

Saying it means:
- You acknowledge how you feel
- You accept it
- You’re moving on

It’s not a White Flag. You’re not giving up.
A Sustainable Solution for Self-Care

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I’m Still Working on My Masterpiece

You are allowed to be both a Masterpiece and a work in progress, simultaneously. - Sophia Bush
Questions
Works Cited

• https://www.inc.com/bill-carmody/3-reasons-celebrating-your-many-accomplishments-is-critical-to-your-success.html