STOP, START, CONTINUE

Category
Agile Processes

Purpose
Stop, Start, Continue, is often used by Scrum teams as a retrospective technique but can very easily be applied to help you identify areas of focus in your role transition.

Description

Framework name:	**STOP, START, CONTINUE**
Participants:	Individuals or teams seeking action-oriented improvement ideas
Framework goal:	Identify opportunities for improvement and growth by evaluating actions that should be stopped, started, or continued.
Framework guidelines:	• Consider what to stop, start, or continue, how to do so, and who can help support you in those actions. • Consider ideas that MUST, SHOULD, or COULD be done • Identify experiments that can be undertaken
Boundaries provided:	Break down actions such that they are specific and small enough to be completed within a month or less.
Resources used:	Tool to document actions, start/end dates, and learnings
Actionable outcome(s):	Backlog of personal improvements