



Agile Practices Help-sheet **Sustainable Pace**

- » Sustainable pace is one of the principles behind the Agile Manifesto

*Agile processes promote sustainable development.
The sponsors, developers, and users should be able
to maintain a constant pace indefinitely.*

- » Working at a sustainable pace ensures teams have time to plan, think and deliver effectively.

- » **Ingredients of sustainable pace:**

- ✓ Prioritised work
- ✓ Time box delivery
- ✓ Planning to capacity
- ✓ Continuous Improvement
- ✓ Simple reporting
- ✓ **Short focused meetings**

Sustainable pace does not mean no over time. It means working over time when this is effective. (<http://xprogramming.com>)

- » **The problems with working unsustainably:**

- ✓ Hours Worked = Work Output is not true for IT
- ✓ Long hours are unhealthy, there is an impact on mental health, can produce stress, and are associated with increased incidence of cardiovascular disease.
- ✓ Long hours invariably leads to diminished concentration and focus resulting mistakes, rework and unsuitable solutions