

Resilience

How I overcame a private ordeal
thanks to an agile mindset



#play14



Cédric Pontet

CTO @ Agile Partner, Founder @ #play14, Agile Coach,
Software & Cloud Architect, EventStormer, and Sketchnoter

Luxembourg · [500+ connections](#) · [Contact info](#)



Agile Partner S.A.



Université Henri Poincaré
(Nancy I)

**What were you doing on
June 23rd, 2020?**





Metz, France

Luxembourg

Add destination

Leave now

OPTIONS

Send directions to your phone

via A31

Fastest route, the usual traffic

This route crosses a country border.

DETAILS

Explore Luxembourg

Restaurants

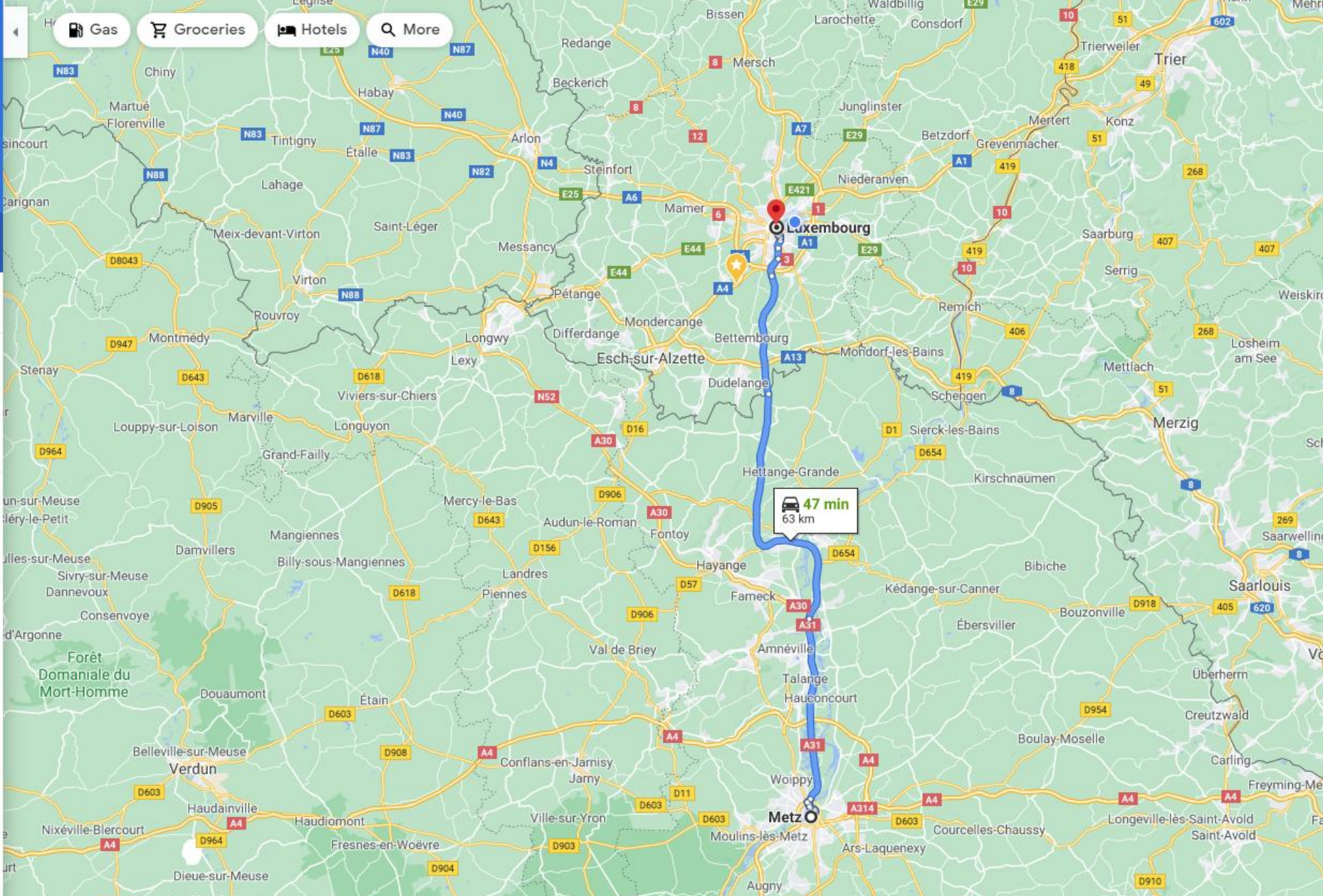
Hotels

Gas stations

P

Parking Lots

More



Fortunately, nobody got hurt

Let the crazy begin





fr de

Luxembourg 3°

Recherche

Luxembourg Coronavirus International Économie Insolites Sports Communauté People Lifestyle Divertissements Plus

L'essentiel Radio

Mobile reporter Contact

DANS LA CAPITALE

23 juin 2020 21:14; Act: 24.06.2020 18:35

L'incendie dans le quartier Gare a été maîtrisé

LUXEMBOURG - Un incendie s'est déclaré rue des États-Unis, mardi soir, mais il a été rapidement maîtrisé.



AU LUXEMBOURG

Le Conseil d'État prend un coup de jeune



LUXEMBOURG - Christophe Schiltz est devenu ce mercredi, président du Conseil d'État. À 42 ans, il est le plus jeune président de l'institution.

À LUXEMBOURG-VILLE

Ils ont bravé le froid pour fêter les terrasses



LUXEMBOURG - Bien couverts, en manteau ou sous des couvertures, les clients étaient nombreux pour la réouverture des terrasses, ce mercredi, dans la capitale.

LONDRES/LUXEMBOURG

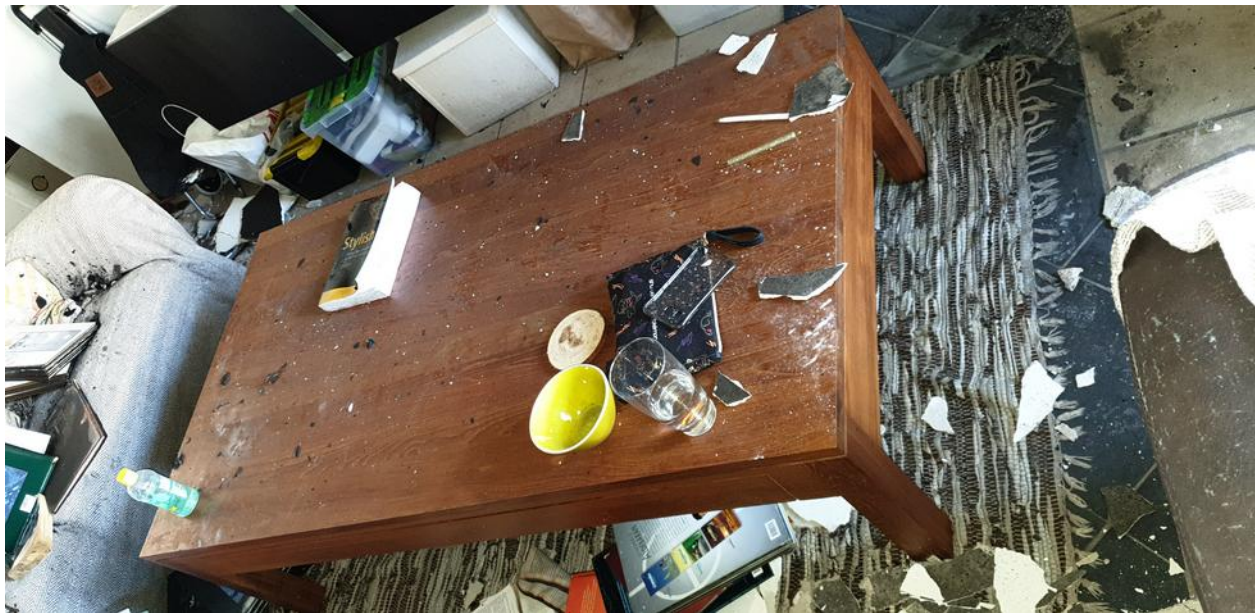
Tessy réagit aux fiançailles du prince Louis

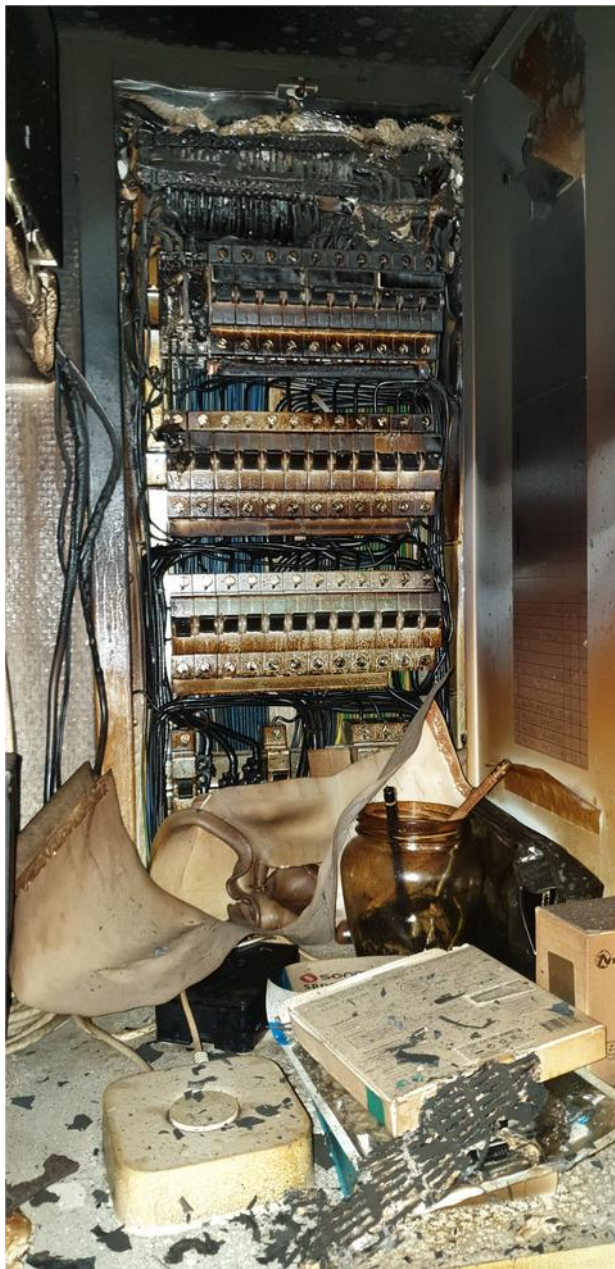


LUXEMBOURG/LONDRES - Comme l'a annoncé la Cour grand-ducale mardi, le prince Louis est fiancé. Son ex-femme a commenté la nouvelle sur Instagram.

















The
culprit

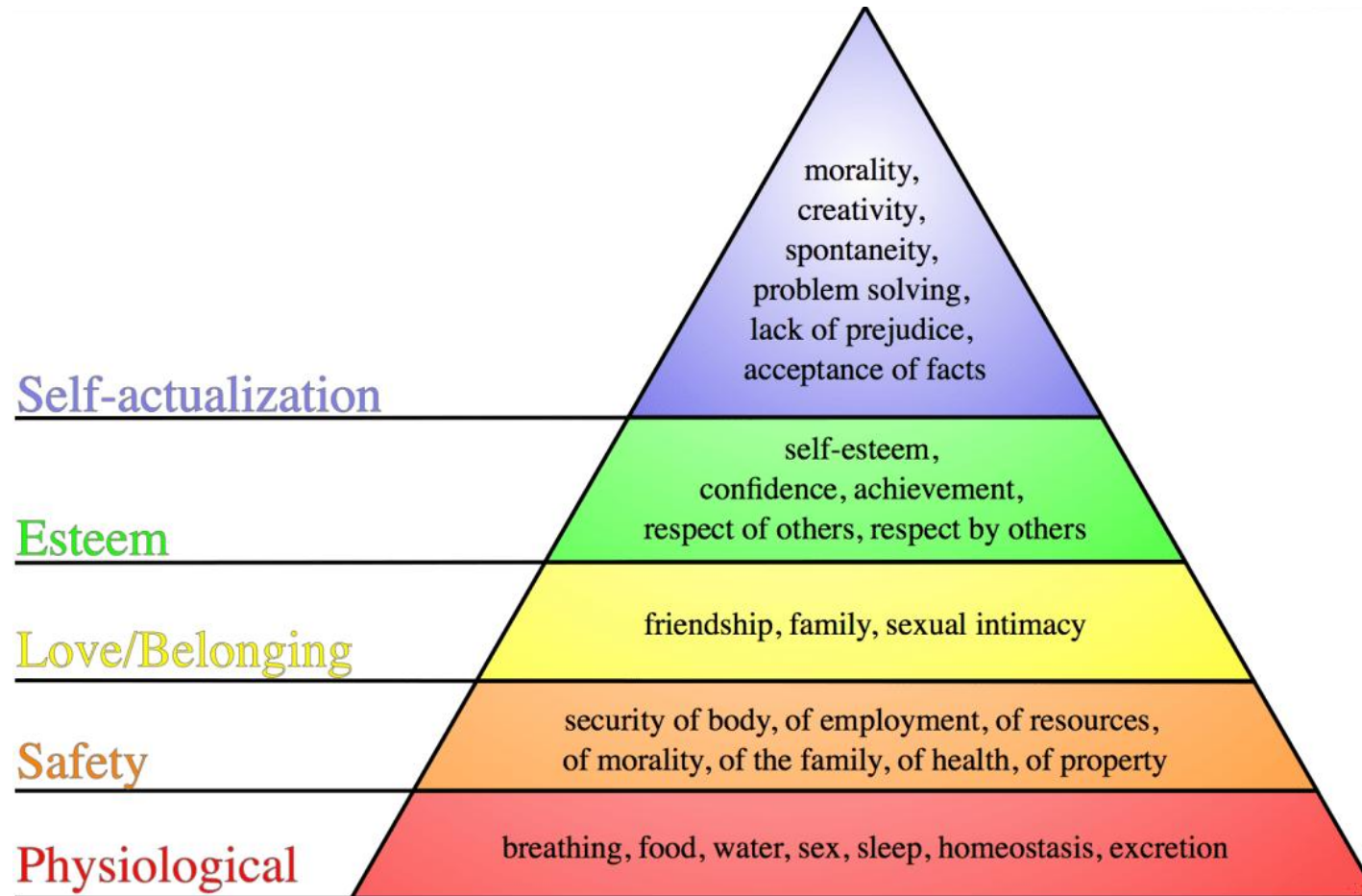
The worst of all is the smell

Temporary relocation

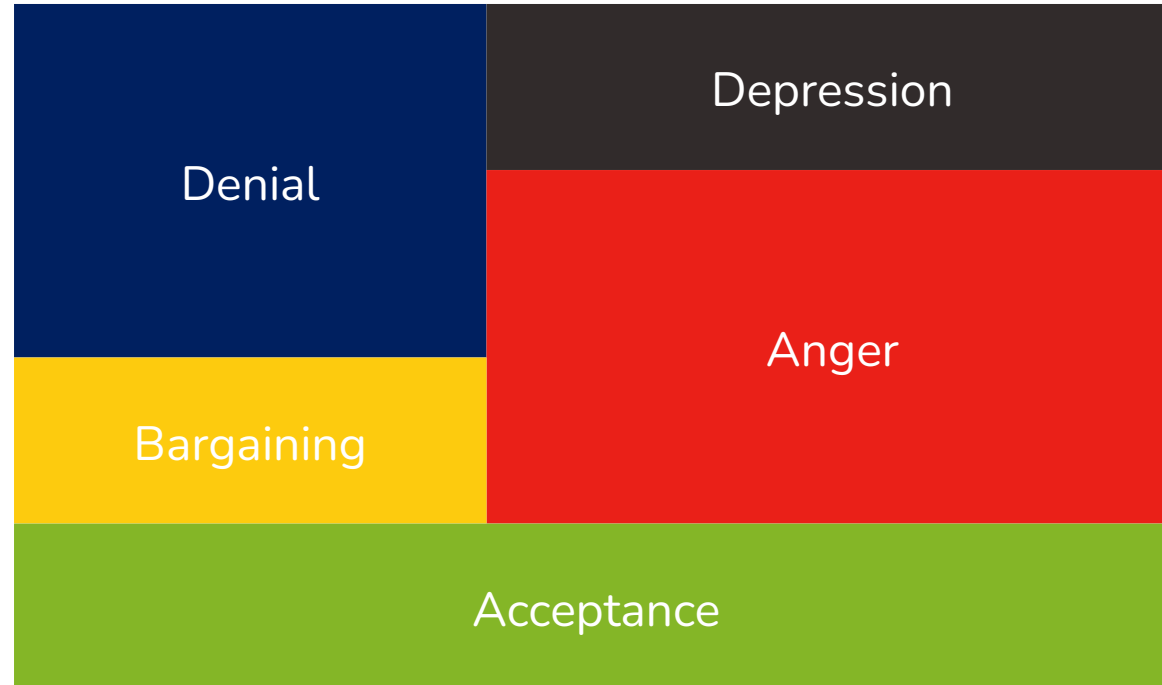




Learning about your actual priorities



The 5 stages of grief



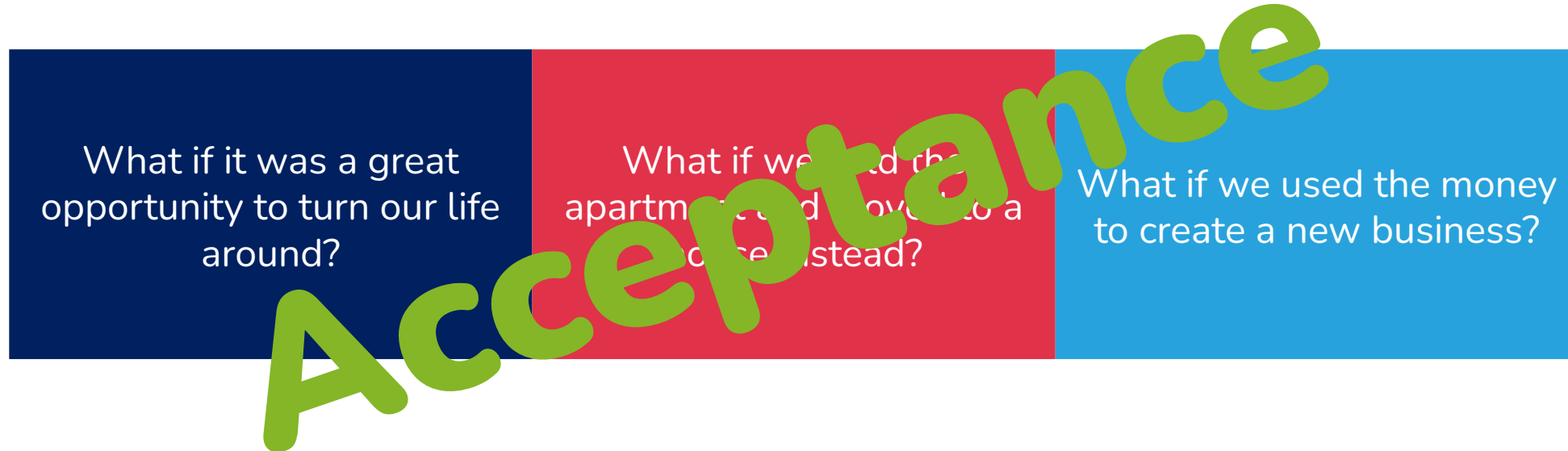
**How did an agile mindset
help us move on ?**

The “what if” asymmetry principle

The “what if” asymmetry principle



The “what if” asymmetry principle



A giant kick of the universe



e



My butt

A giant kick of the universe



e



My butt



Not just a hardware migration

It's a life refactoring

Responding to change over following the plan

4th value of the Manifesto for Agile Software Development

Emotions

Cognitive load

Pragmatism

Priorities

Cognitive load

Refers to the used amount of working memory resources

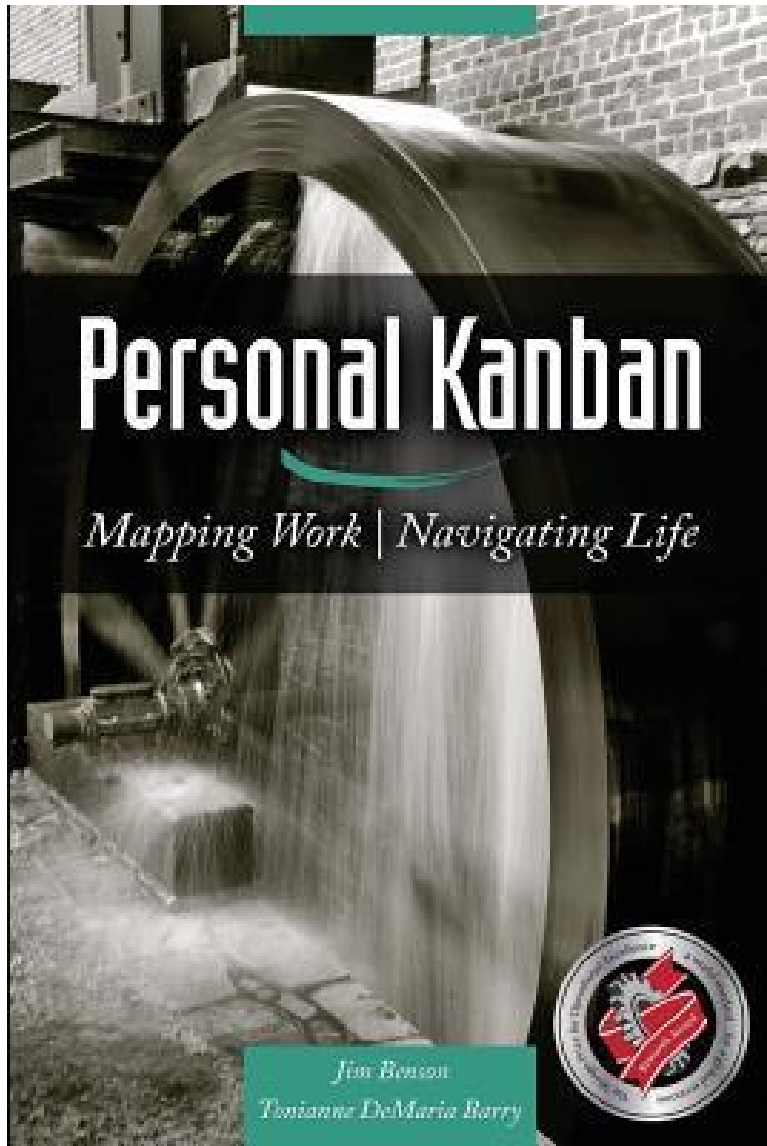
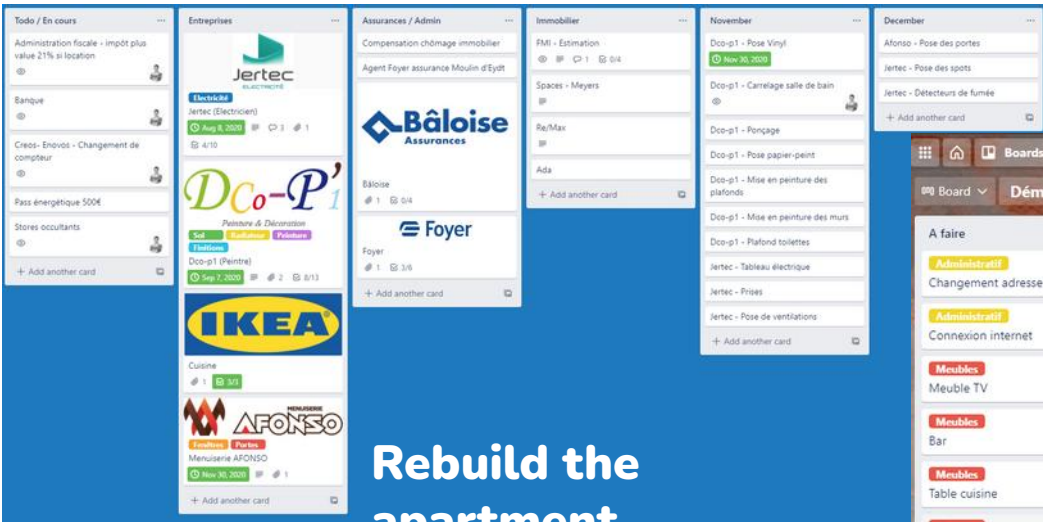
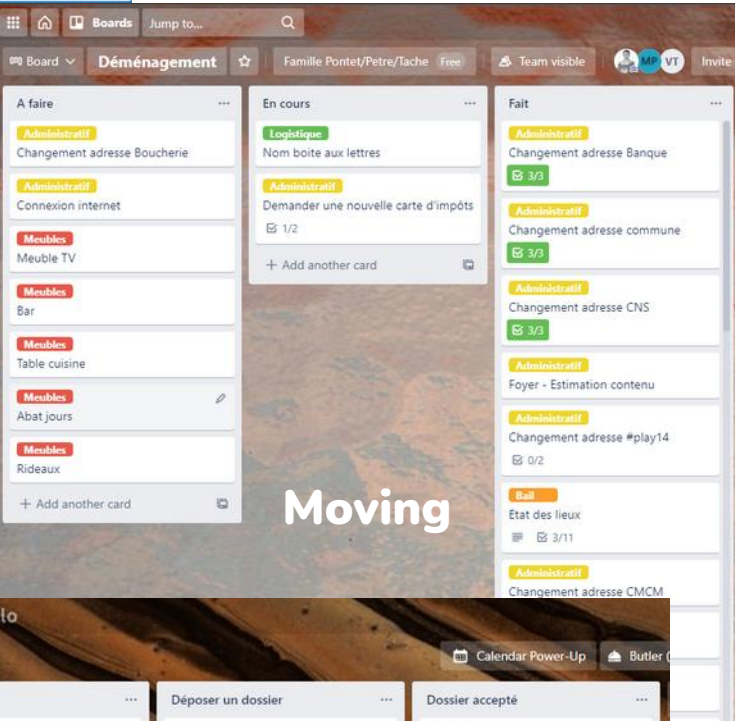
Intrinsic

Extraneous

Germane

Don't try to control what you can't

Keep track of things and follow up



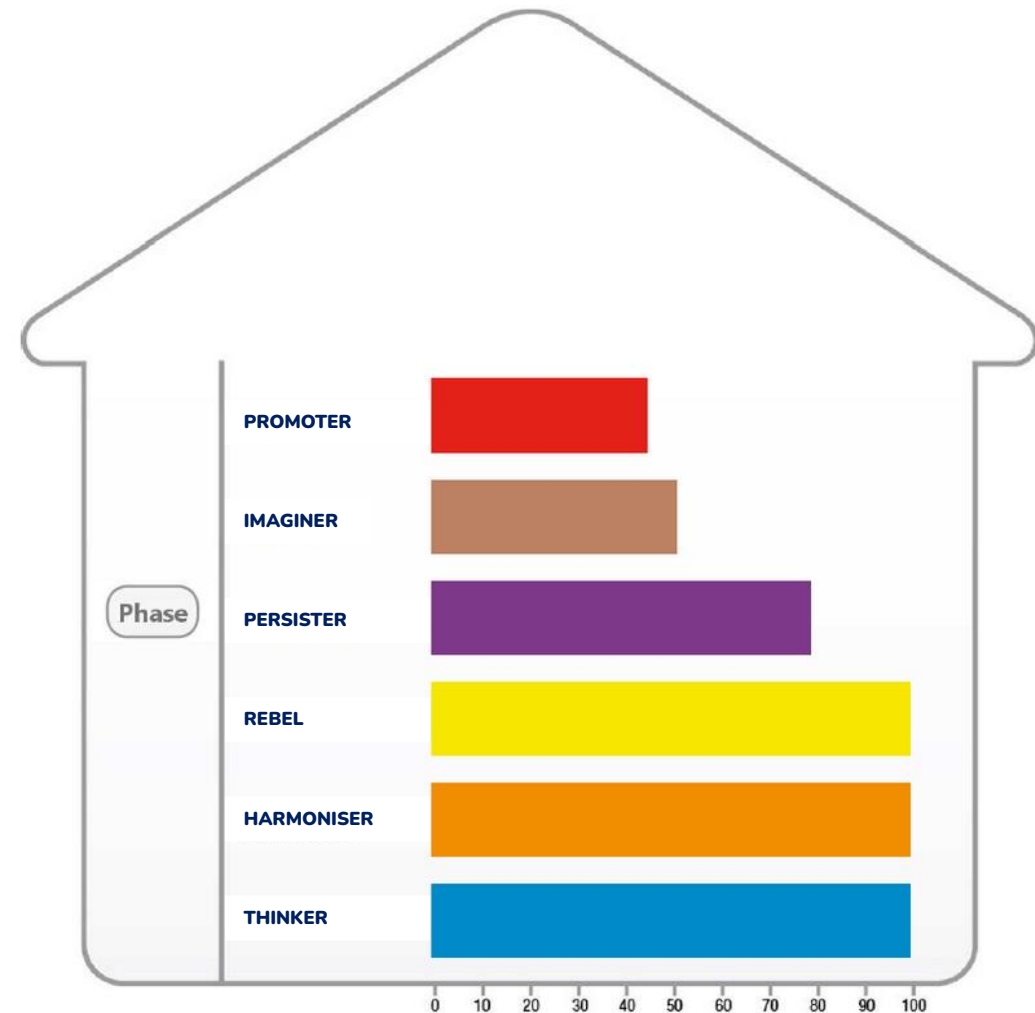
**Use the past to learn from it,
but don't dwell on your memories**

**Whatever makes you move forward, keep
it**

Whatever brings you down, leave it

Know thyself

Thinker is exceptional in **organizing activities** and **detailed planning**. He gladly takes responsibility which makes him a welcome person in both professional and personal relationships. He tends to **structure** his ideas logically and explains them quickly and clearly to others. In order to feel good and be efficient, Thinker needs a **structured approach** and to be **recognized for his thoughts and accomplishments**.



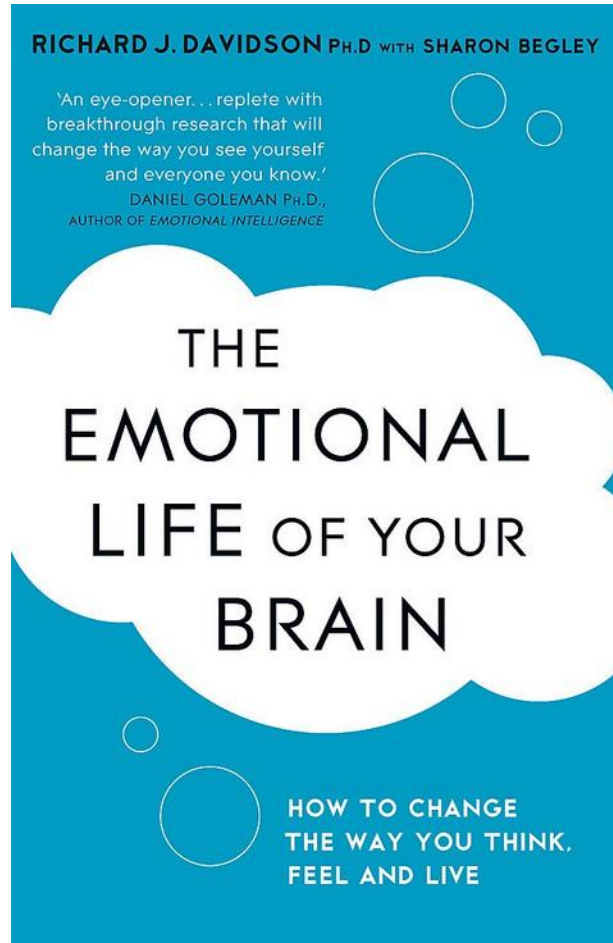
Work is where I know what I am doing



Compartmentalizing

a.k.a. Bulkhead

Emotional Style dimensions



Yoga & mindful meditation



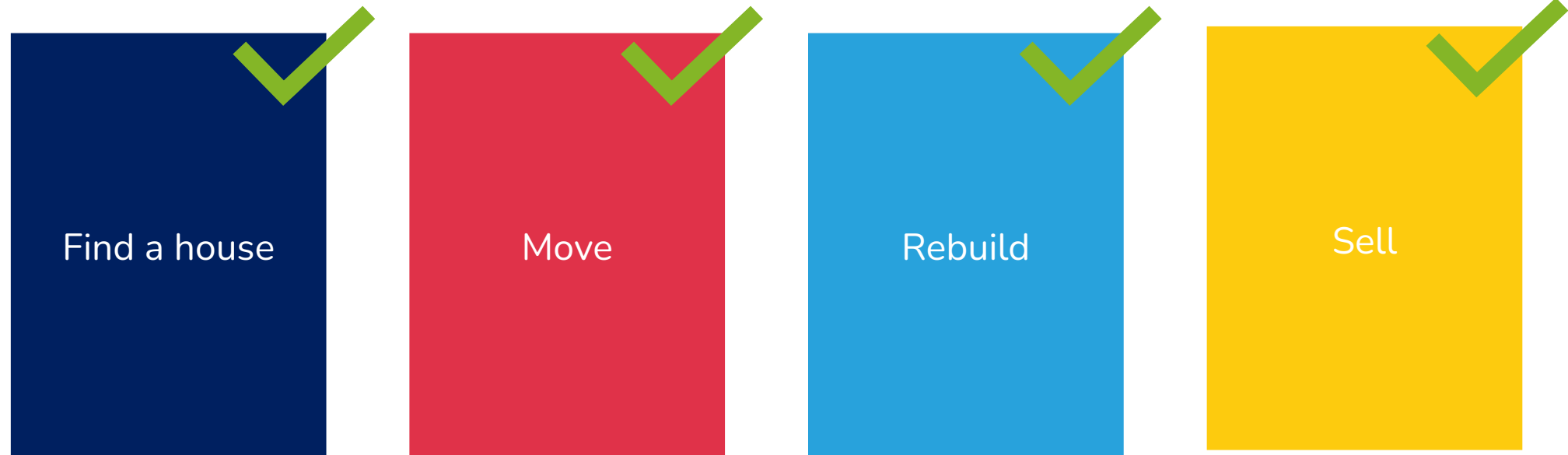
[CC BY-NC-ND](#)



[CC BY-SA](#)

Humor as sanity check

2 years later







Merci !





CONTACT

AGILE PARTNER

2-4. RUE DU CHÂTEAU D'EAU
L-3364 LEUDELANGE

(+352) 26 37 00 30

contact@agilepartner.net

jobs@agilepartner.net

