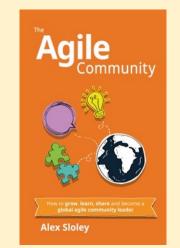
# The Fine Art of Zero Forks Given V3 #AgileZFG



https://agiletwist.com/ZFG

Alex Sloley alexsloley.com

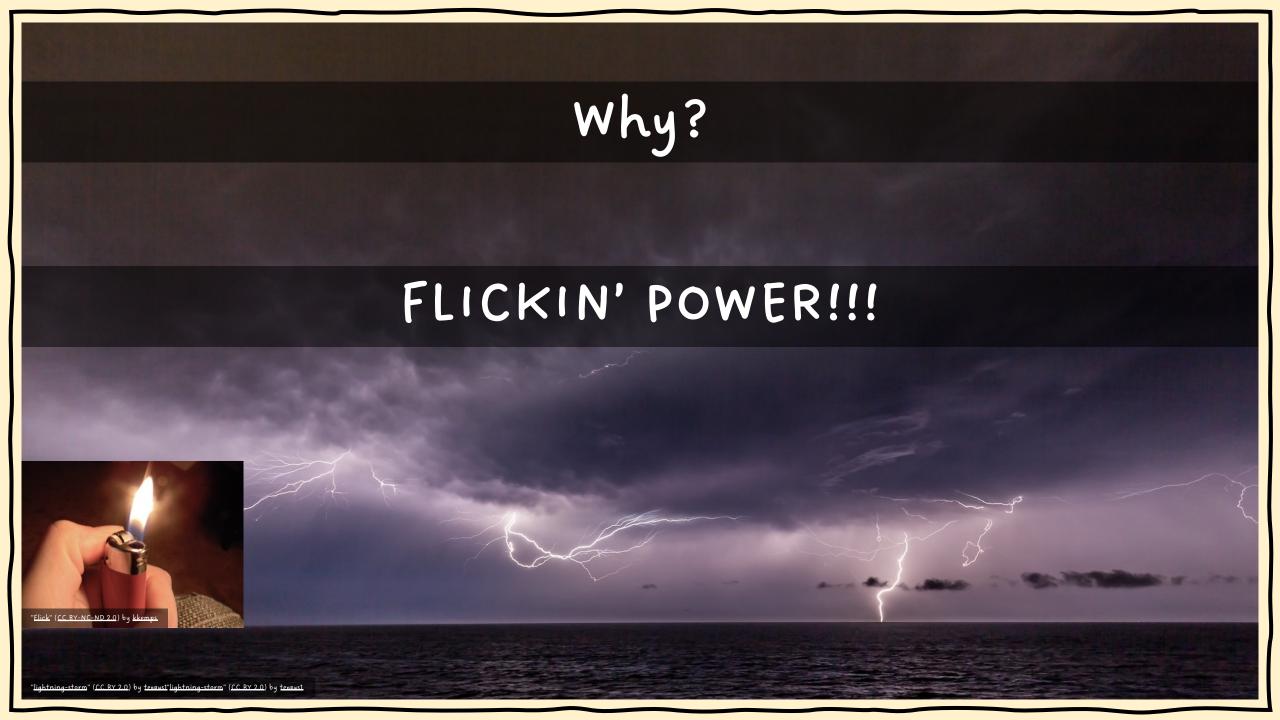




<u>https://agiletwist.com/TAC</u> <u>https://agiletwist.com/TACCh1</u> @alex\_sloley alex@alexsloley.com









### How can you care and also give no firetrucks?

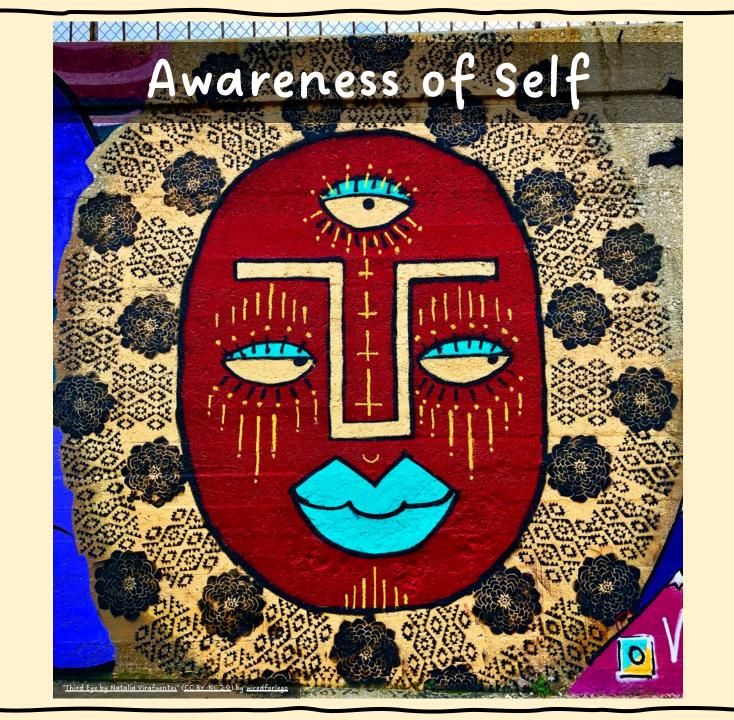
Lowers stress levels

Unleashes creativity

Things become clear



"Today Zero Fucks Shall Be Given" by Brian McKay



What emotion do <u>you</u> experience when <u>you</u> need zero frankfurters?







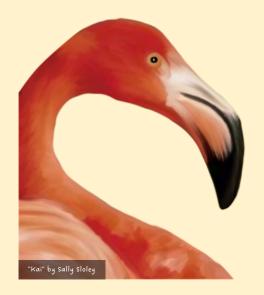


How do <u>you</u> practice control of self when giving no flamingos?

Control of self

Ethical reaction

Open to different



"Self-Regulation | Self-Management" by SkillsYouNeed



### How are <u>you</u> an ethical zero frogs master?



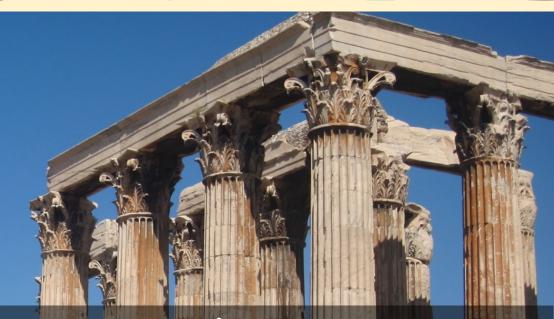
I will consciously avoid situations where I benefit myself to the detriment of the client and stakeholders so that I may maintain professional judgment and objective thinking.

I will make it transparent if my client is forming dependencies on my services and will work towards their own self-sustaining agility.

I will create awareness when power, privilege and rank are impeding my client's goals or my ability to serve them effectively.

"Code of Ethical Conduct for Agile Coaching" by Agile Coaching Ethics Initiative





# Ruinous Empathy



#### How can you be radically candid and not a flippin' jerk?

Nice and damaging

#### Avoiding emotional response

Trying to control another person





When was the last time <u>you</u> created freakin' fear?



Understand bias

Acknowledge bias

State bias

"Cleaning up the 'F' word in coaching" by Nancy Doyle and Caitlin Walker



# How do <u>you</u> express <u>your</u> falcon observations?

#### Uninfluenced

#### Unbiased

#### Uninhibited



<u>"Objective or Neutral"</u> by <u>Adventist Review</u>



### How are you expressing faxin' neutrality?

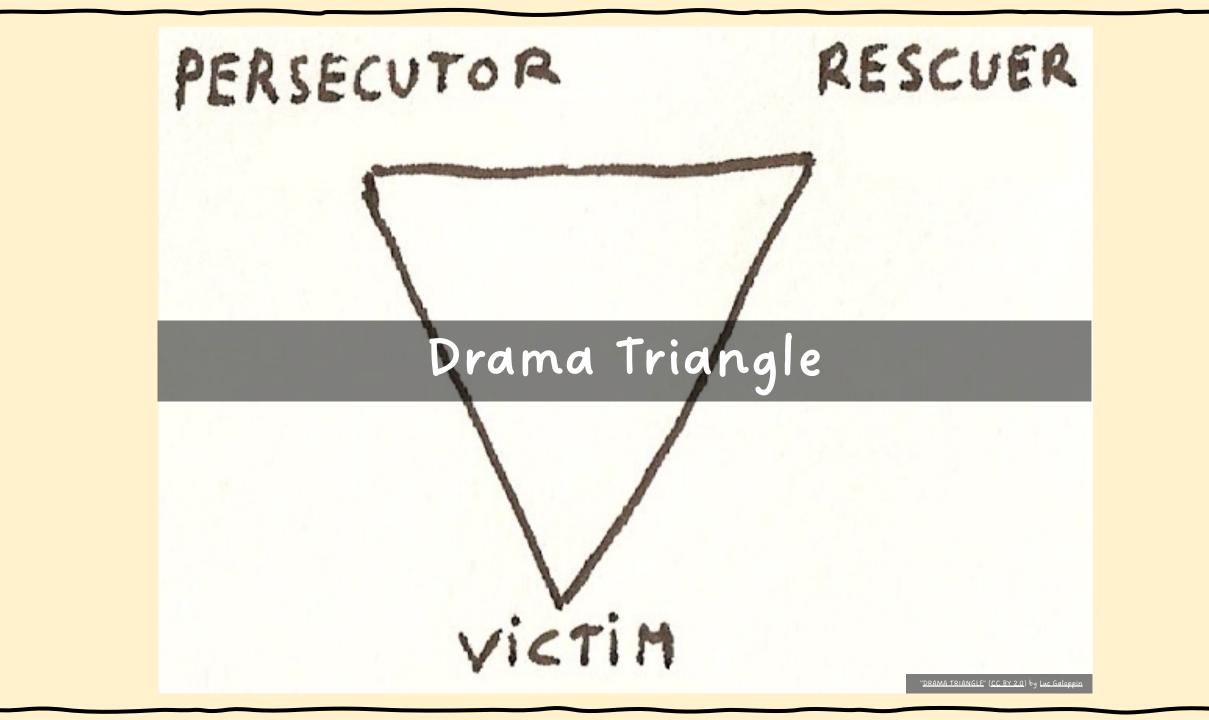


Tolerance

Indifference

Lack of involvement

"Objective or Neutral" by Adventist Review



# What fryin' role do <u>you</u> usually play?

Power in conflicts

People being selfish

Pfries" (CC. BY-NC-ND 2.0) by Michael W. May

No meaningful change results

<u>"Fairy Tales and Script Drama Analysis"</u> by <u>Stephen B. Karpman</u>



# How can <u>you</u> overcome <u>your</u> flounderisms?

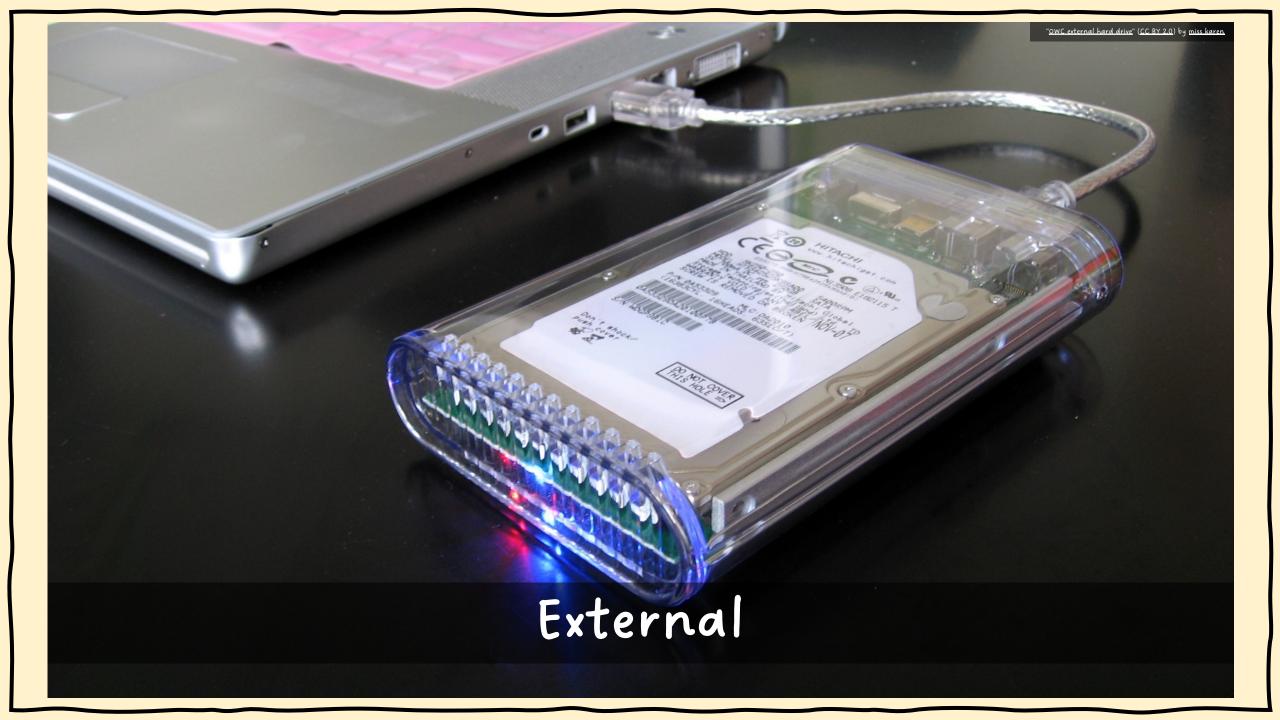


Isms

Prejudice

#### Discrimination

"Discrimination" by Wikipedia



How are <u>you</u> speaking the foggy truth to power?

#### Retrospectives and managers

Internal versus external



speak truth to power

"Speaking truth to power" by Wikipedia



# How does your zero fiddlesticks benefit others?



Perceiving true nature

#### Benefit for others

Without arrogance or egotism

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	CAPETOWN	7,408	ТОКҮО	12,760	
	WASHINGTON	14,828	PARIS	16,708	
	MOSCOW	16,899	BRUSSELS	16,930	
	LONDON	17,039	<b>OSLO</b>	17,839	
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NZAP

#### What the flock is the power distance in <u>your</u> org?

You might have it

They might have it

Be aware of it



"Power distance" by Wikipedia

#### Fear is the Mind Killer



# When was the last time <u>you</u> felt fiery fear at work?



I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain.



# When you achieve zero figs in Finland...

# Is it power over <u>others</u>? Or is it power over <u>yourself</u>?



(CC BY 2.0) by Fallina Outside The Normal Moral Constrain

Fresh Figs" (CC BY-NC 2.0) by arsheffield

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