

Lean Practitioner 3 days including Lean Foundations

A two-day programme building on Lean Foundations to deepen knowledge, expand the tool kit and strengthen Lean understanding

Lean comes to life through the people who use it. This programme builds on Lean Foundations to introduce a broader set of tools that help turn Lean principles into practical action. Through real-world scenarios, you will explore structured approaches such as A3, PDCA and DMAIC to deliver meaningful improvements. Ideal for anyone looking to make work easier and enhance customer value.

Lean applies far beyond manufacturing. It can improve processes wherever work happens, for example by enhancing digital workflows and supporting emerging ways of working such as agentification. Its principles are universal and timeless, helping organisations create clarity, improve flow and deliver value, whether in a physical workspace, the cloud or across complex digital systems. Concepts such as waste, flow and the Theory of Constraints apply wherever work is done, making Lean as relevant today as ever.

What You'll Learn

By the end of this programme, you will be able to:

- Explain the principles, concepts and origins of Lean, including the Toyota Way philosophy
- Apply appropriate Lean concepts, tools and techniques in service and manufacturing settings
- Introduce 5S and visual management into a work area
- Be well equipped to identify and eliminate waste and improve process flow
- Facilitate Kaizen Rapid Improvement Events
- Follow a systematic improvement method such as DMAIC or PDCA
- Develop and maintain Storyboards and A3s and ensure effective control plans

Delivery Format

- Available as virtual open classroom - 3 consecutive full-day sessions beginning with Lean Foundations or a 2-day upgrade if you already have Lean Foundations
- Offered as in-company training (on-site or virtual), tailored to needs
- Flexible delivery options: consecutive days or half-day sessions

Accreditation

- Enables application for Lean Practitioner certification through the BQF or Lean Practitioner Level 1b through the LCS after completing project work.
- Supports professional recognition and career progression
- Worth 24 CPD points

Who Should Attend?

- Professionals and teams involved in Lean and continuous improvement seeking practical tools to improve efficiency, reduce waste and streamline processes
- Team leaders, managers and individuals supporting improvement projects who need a structured understanding of Lean, problem solving and visual management
- Practitioners wanting to facilitate Kaizen, improve workplace organisation and sustain improvements
- Organisations building a culture of continuous improvement
- Learners who have already completed the Lean Foundations programme* and want to upgrade their knowledge to the next level

Course Content

***Lean Foundations (1 day):** The one day Lean Foundations programme sets the scene by establishing the core principles, concepts and benefits, alongside the critical role people play in successful improvement. From the outset, the focus is on practical application.

***Lean Practitioner (2 days):** The two day Lean Practitioner upgrade builds practical application skills, defining value, analysing work, improving flow and reducing waste. Participants apply DMAIC/PDCA methods to deliver sustainable improvements and strengthen teamwork. A list of the tools and techniques covered:

5 Whys	Is/Is Not	Pull versus Push
5S	Jidoka	Singe Piece Flow
Brainstorming	Just in Time	SIPOC
Cellular Manufacturing/	Kaizen	Spaghetti Diagrams
Autonomous Working	Kanban	Stakeholder Analysis
Change Management	Kano	Standard Work
Control Charts	Line Balancing (Yamazumi)	Storyboards and/or A3 Reporting
Control Plan	Moments of Truth	Supermarket FIFO
CTQs	Muda Mura Muri	Takt Time
Data Collection	N/3	Theory of Constraints
DMAIC	Overall Process or Equipment	TIM WOODS (Eight Wastes)
Elements of Change	Effectiveness	Total Productive Maintenance
E = Q x A	Pareto	Toyota Way
Error Proofing	PDCA	Value Stream Mapping
Facilitation Skills	Problem and Goal Statements	Visual Management
Fishbone	Process Mapping	Waste Walks
FMEA	Process Stability	XY Grid/Boston Box
Heijunka	Process Stapling	Quick Changeover (SMED)
Improvement Charter	Priority Based Matrix	Root Cause Analysis
In Frame out of Frame	Product Families	Short Interval Control

Why Choose Catalyst?

Catalyst delivers results, not just services. We blend consulting, coaching, training, and AI-powered tools into a seamless support system that meets teams where they are, developing capability at every level.

Thousands trust us to support their learning and Continuous Improvement journeys – we’ve specialised in Lean Six Sigma Training and Consultancy for over 30 years. We’re known for sharing our knowledge in an accessible and interactive way. Look no further for relevant, relatable content, built by experts and accredited by the British Quality Foundation and the Lean Competency System (LCS). We are the BQF’s primary Lean partner and we are recommended by the Chartered Quality Institute.