

# Introduction to Agile elearning Programme

1 hour

## **A flexible online introduction to Agile principles, methods and tools, completed in an hour!**

Agile isn't just theory, it's how great teams adapt, collaborate and deliver in the real world. Built by expert Agilists and accredited trainers, this dynamic eLearning course brings Agile to life. You'll explore core principles, practical tools and proven methods and learn how to apply them in real, messy situations.

In a fast-moving world where change never slows down, Agile gives you the confidence and capability to keep up and get ahead.

## What You'll Learn

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

- Understand what Agile is, why it is relevant regardless of role, sector, or industry, and the key benefits it offers
- Recognise the principles of Agile and the Agile mindset, both of which are essential for bringing Agile to life
- Examine how applying Agile principles and methods can transform the project management experience, making it more adaptive, collaborative, and value-driven
- Consider opportunities to apply Agile beyond managing projects, and think about next actions and future learning opportunities

## Delivery Format

This programme is delivered as a self-study eLearning course hosted on Catalyst's Learning Management System, the Business Improvement Zone.

Each delegate receives a unique logon, allowing them to complete the training at their own pace and at a time that suits them.

## Delivery Features

- Self-paced online learning
- Interactive lessons and quizzes
- Approximately 60 minutes duration
- Accessible on demand
- Cohort progress reporting available for organisations
- In-company versions can be customised with company branding

## Who Is It For?

- Anyone who has heard of Agile and is curious about how to apply it
- Those who are using Agile methods and tools but would like to reconnect with the Agile principles
- Anyone who would like to overcome some of the common challenges associated with management projects / getting things done – e.g. problems with planning, slow progress, poor visibility of progress or changing requirements
- Anyone who works in an organisation which is already using Agile – the course provides an understanding of how it works and why it works
- Managers who would benefit from an overview of what other people in their organisation are doing
- L&D professionals who require an authoritative and engaging introduction to Agile to support organisational deployment
- Anyone looking to make work better, faster and more fun

## Why Choose This Course?

This programme offers a practical, accessible introduction to Agile in a flexible online format. Benefits include:

- Clear, jargon-free explanations
- Interactive and engaging lessons
- Story-based learning that makes concepts easy to understand
- Immediate practical relevance
- A manageable time commitment
- Credibility from recognised Agile experts

## Course Content

The course introduces Agile principles and demonstrates how they can be applied in any environment. Interactive quizzes, exercises, and reflection activities reinforce learning throughout the programme. Content includes:

Agile principles Agile mindset Business agility Tools for customer collaboration	Self-organising teams Team Working Agreements Agile planning approaches	Definition of Done The Kanban Time Boxing Reviews and Retrospectives
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## 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 Six Sigma partner and recommended by the Chartered Quality Institute.