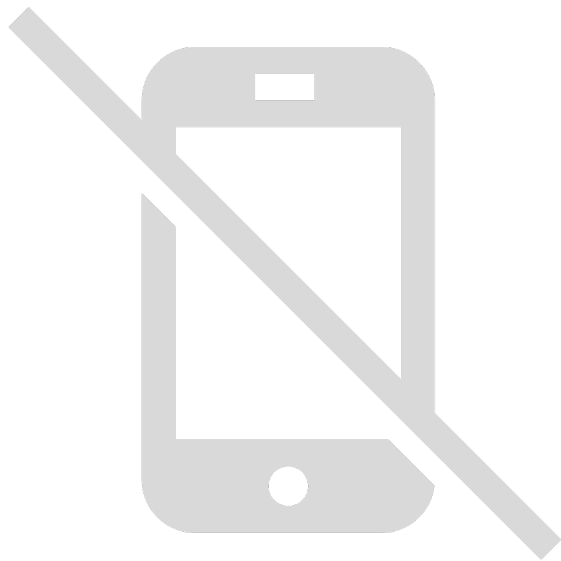


# Introducing the Chill Retrospective



- Add downtime to your retrospectives, in 6 steps

# How to do a Chill Retrospective – 1



- Leave your devices behind

# How to do a Chill Retrospective – 2



- Take a walk outside for about 10 minutes, ideally in a park

# How to do a Chill Retrospective – 3



- Sit down somewhere. Close your eyes or watch the world go by.
- Whatever.
- Let yourself come down. Let the ideas flow when they are ready.

# How to do a Chill Retrospective – 4



- After 10 minutes, walk back.
- Let the ideas percolate in your mind

# How to do a Chill Retrospective – 5



- Write down your key ideas and insights

# How to do a Chill Retrospective – 6



- Celebrate and Choose with your new insights

Get Started on the Path  
to Freedom and Success...



with The Personal Agility System™



Next Workshop