

# The Golden Rules of Sprints and Timeboxes - how to get more control and be more productive

 Agile, Scrum

 Presentations

Timeboxing or sprints refers to the concept of breaking work down into small chunks and frequently delivering something. We view timeboxing and using sprints as the glue that holds the agile way of working together.

In this presentation we cover the following:

- Timeboxes or sprints – two slightly different styles
- The benefits of timeboxing
- The basics of Timeboxing
- Timebox durations and levels
- 'IRC' Timeboxing
- Top tips and golden rules

To find out more information and get more out of your timeboxes and sprints, please watch our webinar on the golden rules of sprints and timeboxes for a more in-depth explanation.

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