

# 1. Continuous Improvement

Continuous Improvement: Small changes. Frequent learning. Better outcomes.

## Flash concepts

What is Continuous improvement?	Use short cycles	Track hypotheses
Continuous improvement (Kaizen) is about <b>building feedback into the system</b>	Use <b>short cycles</b> (retros, feedback loops, pulses) to reflect and act.	Track improvement hypotheses over time—not just outputs.

## Practices you can start to apply tomorrow

Step	Action items
Establish regular cadences for improvement	For example, sprint or monthly retrospectives for teams, quarterly retros for a program, and blameless post-mortems after incidents.
Use visual trackers	(like a Kanban board for improvement ideas) to ensure continuous improvement actions are captured and executed.

## Tools and Templates

What	Why and where
Experiment Canvas	Structure small tests of change. See <a href="#">Template Library</a>
Retrospective Guide	Easy format for reflection and team dialogue. See <a href="#">Template Library</a>
Check out how we can help	Checkout our trainings <a href="#">Community &amp; Help</a>
Article	<a href="https://jamesclear.com/continuous-improvement">https://jamesclear.com/continuous-improvement</a>
Podcast	Search for "Kaizen" - so many great things happening

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