

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 building feedback into the system	Use short cycles (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 Template Library
Retrospective Guide	Easy format for reflection and team dialogue. See Template Library
Check out how we can help	Checkout our trainings Community & Help
Article	https://jamesclear.com/continuous-improvement
Podcast	Search for "Kaizen" - so many great things happening

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