

MASTERING DESIGN SPRINTS AND AGILE SCRUM

““Accelerating Innovation and Delivering Value Through Rapid Iteration and Agile Delivery””

Schedule

Date	Venue	Fees (Face-to-Face)
12 - 16 Apr 2026	Manama, Bahrain	USD 3495 per delegate

► **Available delivery methods:** Face-to-Face & Online Training

Introduction

In today’s fast-paced digital economy, teams must innovate quickly, validate ideas efficiently, and deliver customer-centric solutions without delay. Design Sprints and Agile Scrum offer proven frameworks to accelerate product development, reduce risk, and foster a culture of experimentation and iterative improvement.

This 5-day immersive course empowers professionals with practical skills in leading and facilitating Design Sprints, while also mastering Agile Scrum fundamentals, roles, ceremonies, and tools. Participants will engage in simulations, real-world exercises, and team-based sprints to turn ideas into tested solutions in record time.

Objectives

By the end of this course, participants will be able to:

- Understand the principles and frameworks of Design Sprints and Agile Scrum
- Facilitate and participate in a full 5-phase Design Sprint
- Define product backlogs, sprints, user stories, and acceptance criteria
- Apply Agile Scrum techniques for managing iterative project delivery
- Lead innovation, team collaboration, and stakeholder engagement

Why Attend

- Learn the exact tools used by top innovation teams at Google, Atlassian, and Spotify
- Improve the speed and quality of product and service development
- Transform team collaboration with Agile and design thinking principles
- Boost customer satisfaction by validating ideas before full-scale rollout
- Gain competitive advantage through rapid innovation cycles

Target Audience

This program is designed for:

- Product owners, project managers, and innovation leaders
- UX/UI designers, business analysts, and software developers
- Agile coaches and scrum masters
- Marketing, operations, and cross-functional team members
- Anyone driving digital transformation or launching new initiatives

Individual Benefits

Key competencies that will be developed include:

- Rapid ideation and prototyping using Design Sprint methodology
- Agile Scrum planning, facilitation, and backlog refinement
- Problem-solving, creativity, and iterative thinking
- Team collaboration and time-boxed execution
- Customer empathy, user validation, and feedback integration

Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Faster innovation cycles and reduced development costs
- Greater alignment between cross-functional teams
- Increased product-market fit through early validation
- Improved stakeholder communication and agile delivery success
- Enhanced responsiveness to market shifts and user needs

Instructional Methodology

The course follows a blended learning approach combining theory with practice:

- Strategy Briefings - Agile and design thinking foundations
- Case Studies - Successes and failures of product innovation cycles
- Workshops - Full simulations of sprints, Scrum ceremonies, and retrospectives
- Peer Exchange - Team-based activities and real-world feedback loops
- Tools - Templates for sprint planning, user story mapping, retrospectives, and KPIs

Course Outline

Training Hours: 07:30 AM - 03:30 PM Daily Format: 3-4 Learning Modules | Coffee Breaks: 09:30 & 11:15 | Lunch Break: 01:00 - 02:00

Day 1: Innovation Frameworks and Design Sprint Basics

- Module 1: Foundations of Design Thinking and Agile (07:30 - 09:30) • Comparing Agile Scrum and Design Sprint methods • Key roles, values, and principles
- Module 2: Design Sprint Overview (09:45 - 11:15) • 5-phase sprint breakdown: Understand, Ideate, Decide, Prototype, Test
- Module 3: Workshop - Define a Real Sprint Challenge (11:30 - 01:00) • Framing a business or product challenge

Day 2: Design Sprint Execution - Phases 1-3

- Module 4: Understand and Map the Problem (07:30 - 09:30) • Journey mapping and expert interviews
- Module 5: Ideate and Sketch Solutions (09:45 - 11:15) • Lightning demos and sketching exercises
- Module 6: Workshop - Group Ideation and Decision-Making (11:30 - 01:00) • Dot voting and storyboard creation

Day 3: Design Sprint Execution - Phases 4-5

- Module 7: Prototyping and Rapid Testing (07:30 - 09:30) • Tools and approaches for low-fidelity prototyping
- Module 8: Conducting User Tests and Feedback Loops (09:45 - 11:15) • Preparing user interviews and test scripts
- Module 9: Workshop - Run a Mini Sprint Simulation (11:30 - 01:00) • Execute the full Design Sprint in teams

Day 4: Agile Scrum Framework and Ceremonies

- Module 10: Agile Scrum Roles, Artifacts, and Workflow (07:30 - 09:30) • Product owner, scrum master, team, backlog, and increments
- Module 11: Sprint Planning, Reviews, and Retrospectives (09:45 - 11:15) • User story creation and estimation (story points, planning poker)
- Module 12: Workshop - Run a Sprint Planning Simulation (11:30 - 01:00) • Define sprint goals, backlog items, and timelines

Day 5: Integration and Agile Team Leadership

- Module 13: Agile Mindset and Scaling Agile (07:30 - 09:30) • SAFe, LeSS, and enterprise frameworks
- Module 14: Performance Metrics and Continuous Improvement (09:45 - 11:15) • Velocity tracking, burndown charts, and team feedback
- Module 15: Final Workshop - Design an Agile Sprint Plan (11:30 - 01:00) • Present a project execution plan using Design Sprint + Agile

Certification

Participants will receive a Certificate of Completion in Mastering Design Sprints and Agile Scrum, validating their ability to lead innovation projects and deliver customer-centric solutions using rapid iteration and Agile frameworks.

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