



Making Life Work...

EVOLIBRI

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assessment ≈ counseling ≈ coaching ≈ classes ≈ communities

State of California Non-Public Agency & Department of Rehabilitation Vendor

Scrum4One

Quarterly Sprints

We know how hard it is to get strategic or long-term projects done, particularly those that keep falling to the bottom of the list – the ‘important but not urgent’ – meaning you don’t always do the *right* work at the *right* time.

By harnessing techniques from executive functioning and project management as well as Scrum protocols, this class features quarterly ‘sprints’, with monthly meetings to help set actionable goals, identify and remove barriers and stay on task. Whether it’s organizing a closet or finishing up your thesis, this class will guide you to completion.

Sprint 1 – Goal-setting. Setting a goal properly helps significantly in whether or not a task will get done. Using SMART definitions along with scoping, sequencing, prioritization, and scheduling techniques, you will set goals that *can* be accomplished. You will also pair up with one or more people in the quarterly sprint with whom you will communicate weekly to make sure you are moving forward.

Sprint 2 – Accountability. Using techniques adopted from behavioral economics along with advanced executive functioning techniques, we teach you how to build accountability into weekly and daily activities. Even without a daily stand-up, you *can* stay on track with the right tools. You will also constructively comment on your Scrum4One partners and get feedback from them as well.

Sprint 3 – Completion and Post-Mortem. By the last stretch, you will have insight into your ‘gotchas’ and can refine your plans to get over the finish line. What worked and what didn’t and why? What areas need improvement? You will spend some time to reflect – and codify – how you can improve next time. We will go over some additional skills, including mindfulness practices to stay on top of your work and by the end of the final session, you will have completed a work profile that you can refer to at the start of each month or project, to help you focus, stay accountable, and be on the lookout for future own barriers.



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EvoLibri – Scrum4One Form 2025

Classes will be held remotely via Zoom and led by EvoLibri Staff. Programs developed by Jan Johnston-Tyler, MA and staff.

Client Name:	Pronoun(s):	DOB:	Currently Employed:
Client Address:	City/State:		
Client Phone:	Primary Contact:		
Client Email:	Primary Phone & Email:		
Profession:	Secondary Contact:		
Specific Areas of Concern:	Secondary Phone & Email:		
Diagnosis (optional):	Learning Objectives for this Class:		

Class	Section	Fees
Scrum4One Group Program Wednesdays 4:30-6:00p PST (monthly) via Zoom	<input type="checkbox"/> January 22 nd , February 26 th , March 26 th <input type="checkbox"/> April 23 rd , May 28 th , June 25 th <input type="checkbox"/> August 27 th , September 24 th , October 22 nd	<u>Regular Registration</u> \$600 + Deposit* \$900 total

***A \$300 deposit per class is required to hold your space, and the remainder is due no later than two weeks before the program starts.**

Clients will be billed for the entire program two weeks prior to start of scheduled sessions.