



# Agile Motivation

## The Human Side of Kanban

# Motivation



# IMMOTIVIERUNG



## Autonomous Motivation

Selfdetermination Theory von E. Deci & R. Ryan (1985)

# Factors That Boost the Inner Engine



**Autonomy**

**Competence**

**Relatedness**

**And Kanban feeds all three!**

# Autonomy

Fuels the Inner Engine

A photograph of a desk with a notebook, glasses, a key, a cloth, and a coffee cup. The notebook is open, and the glasses are resting on it. A small key lies on the notebook page. A grey cloth is draped over the right side of the notebook, and a white coffee cup is visible in the top right corner. The background is a light-colored wooden surface.

# Competence

**Fuels the Inner Engine**

# Relatedness

Fuels the Inner Engine





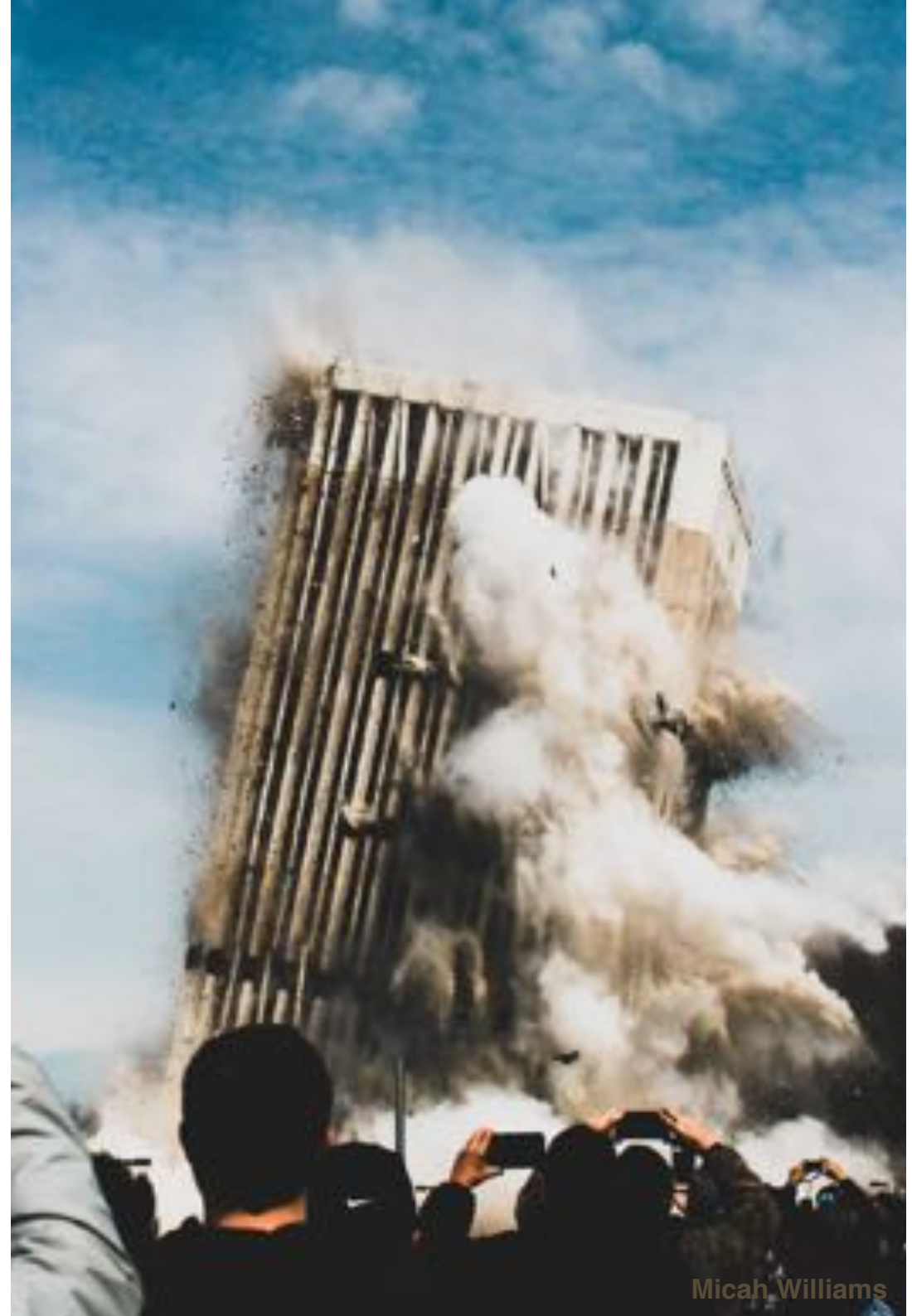
Scott Rodgerson Unsplash

# How to Fuel the Inner Engine...

## ...In Practice!



# Incentive Metrics Destroy Motivation

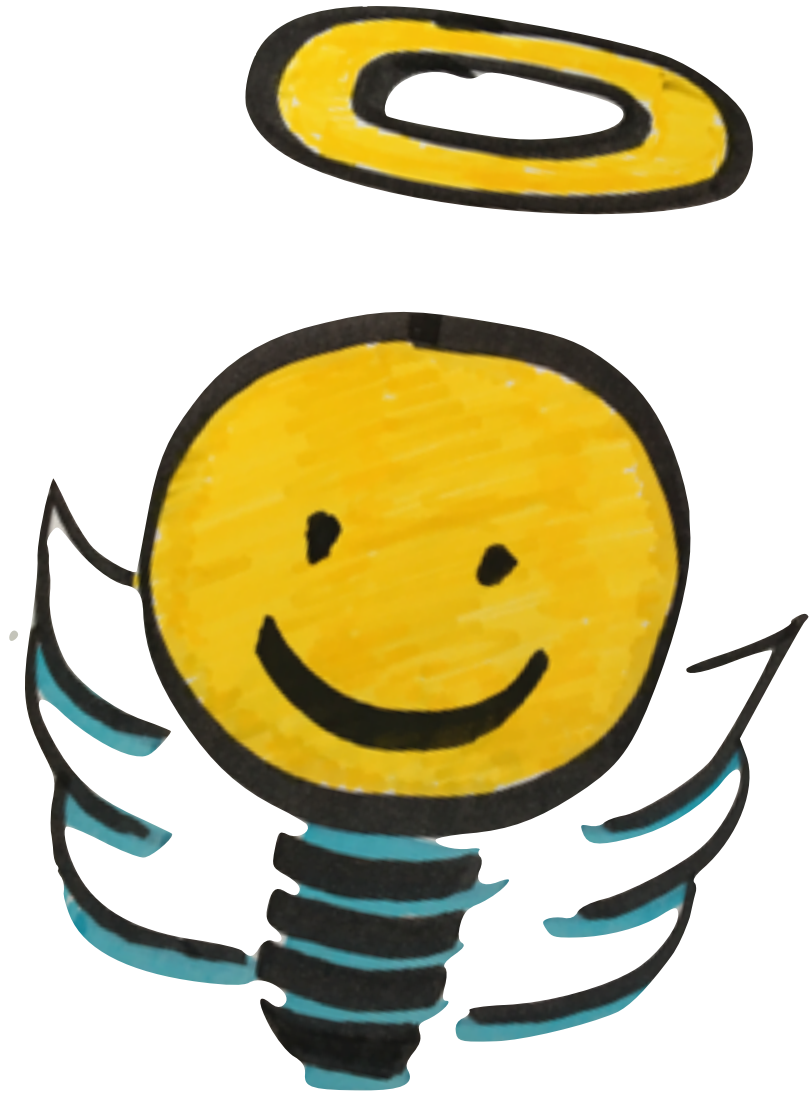




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# How to Fuel the Inner Engine...

## ...With Kanban!



# Idea Angel

# BEING CLIMATE HEROES



**Global Day of Climate Action**  
**November 29th**

**International:**  
**<https://fridaysforfuture.org>**

**Germany:**  
**<https://fridaysforfuture.de>**

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*Thank You*

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slides for  
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