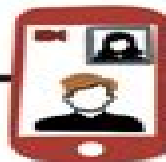


Hello,
I'm **Chris**



Bursts of intense energy, then a good break not a 9-5 guy.



Comms preferences



Video calls



Linkedin



WhatsApp

Things I do



Speaker



trainer



podcast host



Creator



writer



disruptor

Things I need



Uninterrupted time to focus



Challenge



Variety

Things I love



Adventures in foreign lands



Helping people learn



lifting heavy things



My Maine Coon **Celeste**



Quotes



"The key to agility is continuous improvement."



"We spend a third of our lives working, we owe it to ourselves to have fun in the process."



virtually agile

Things I struggle with;



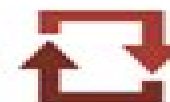
Too much WIP



Repetitive tasks



mental health



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Ian Pickup



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