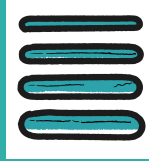
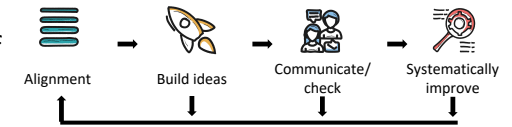


# QRC The Cycles 5-day Sprint

Based on Cycles, QRC by Henny Portman, Jan.'2022

ABCS – framework of innovation and growth



## Day 1 Alignment

- Team formation
- What is innovation
- 4 steps building alignment
  1. What (mission)
  2. Value check (Jobs to be done)
  3. How better (business model review)
  4. How to (organizational design)

### Deliverables

- True North
- Sprint objectives



## Day 2 Build

- 7 steps to building ideas
1. Familiarization with the problem
  2. Challenge the problem definition
  3. Effectuation
  4. Stimulus mining
  5. Individual brainwriting
  6. Group work
  7. Rework

### Deliverables

- 1 idea from all group members



## Day 3 Communicate/Check

- 4 steps to test your ideas
1. Clarity
  2. Do people want it
  3. Will they pay
  4. Kill or continue

### Deliverables

- A final 4P
- Ideas for improvement
- Continue or pivot

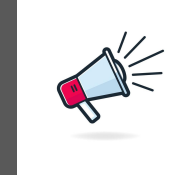


## Day 4 Systems

- 5 key elements alignment
1. Face your fears
  2. Death threat analysis
  3. Problems to challenges
  4. Tackling death threats
  5. Learning plan

### Deliverables

- Key death threats identified
- Work on death threats
- Continue or pivot

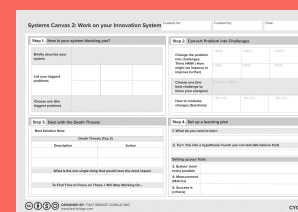
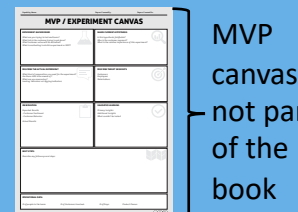
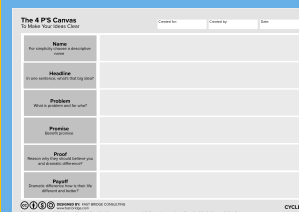
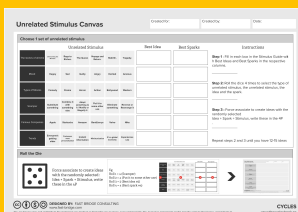
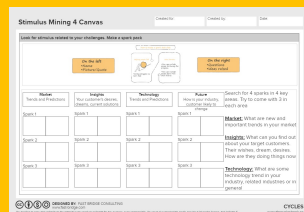
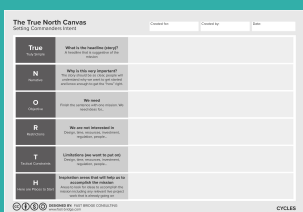
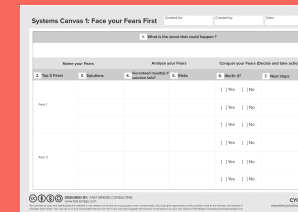
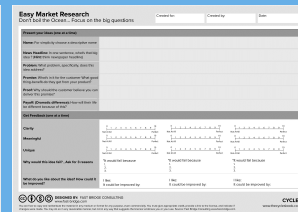
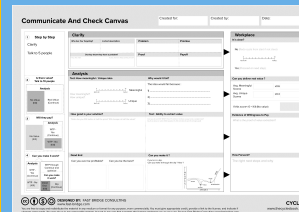
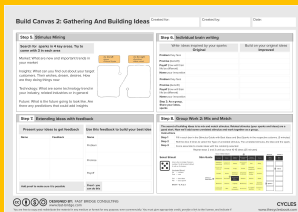
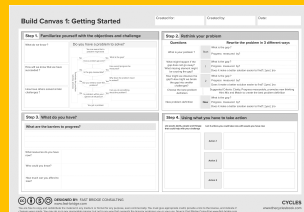
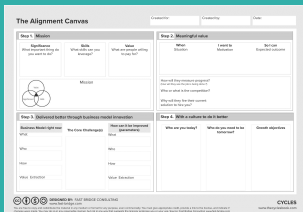


## Day 5 Pitch and next steps

- Pitch and next steps
- Speed dating
- Analysis
- Making your presentation
- Identification of next steps

### Deliverables

- A pitch
- Stop, continue or adapt



MVP canvas: not part of the book

