

Lisa Hudson

Team well-being and the Pressures of BA Life

23rd November 2018



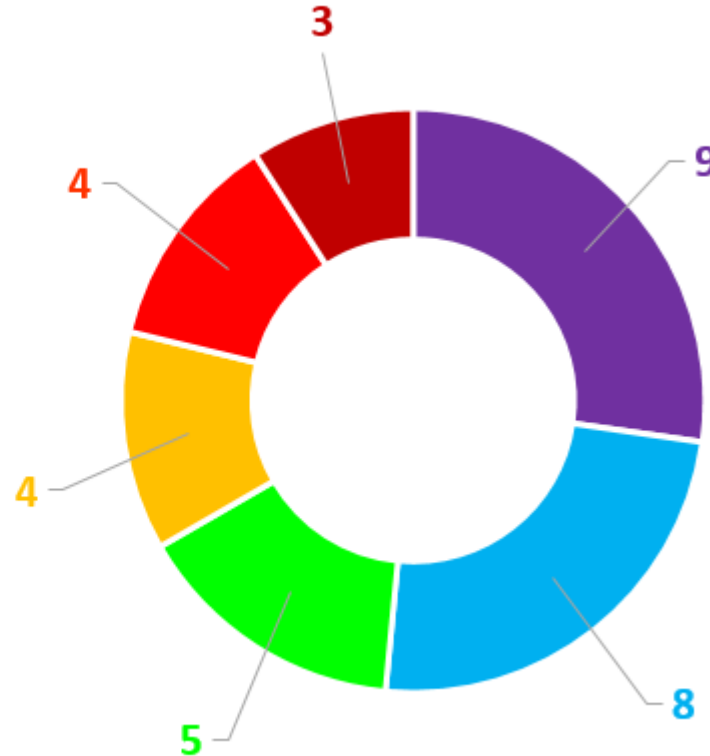
And our Survey said...



- Survey conducted and responses collected between July and November 2018
- Open ended questions
- 34 Respondents from different organisations and sectors
- Respondents have a variety of job titles

What we LIKE about being Business Analysts

- Variety & Diversity
- Working with others
- Organisational Impact
- Solutions
- Holistic View
- Problem Solving



Group Discussion 1: Identify Pressures

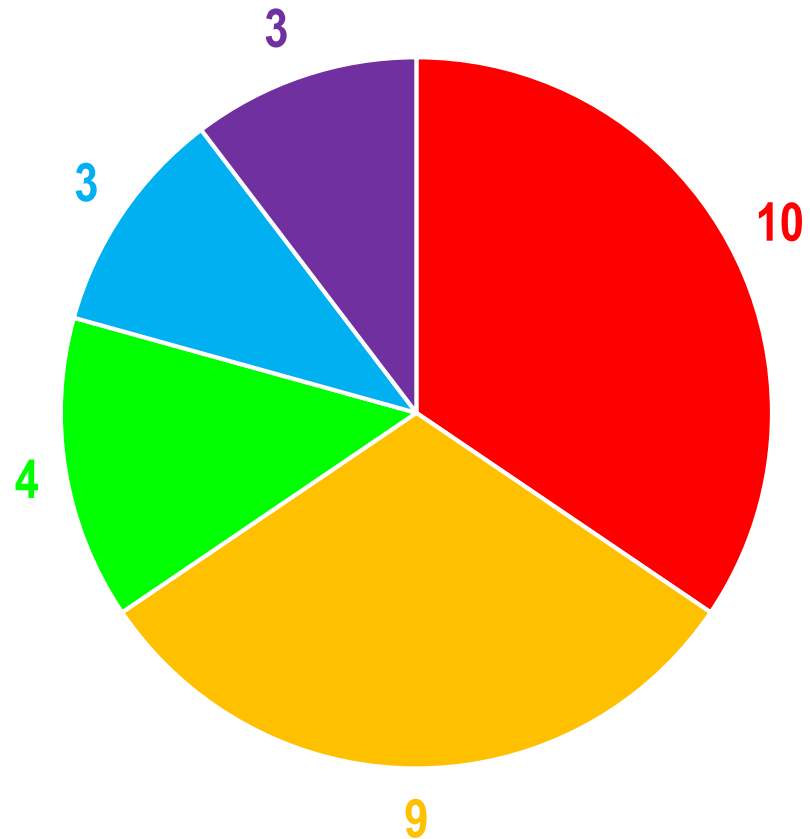
Please discuss the possible pressures that may be faced by Business Analysts

(10 minutes)

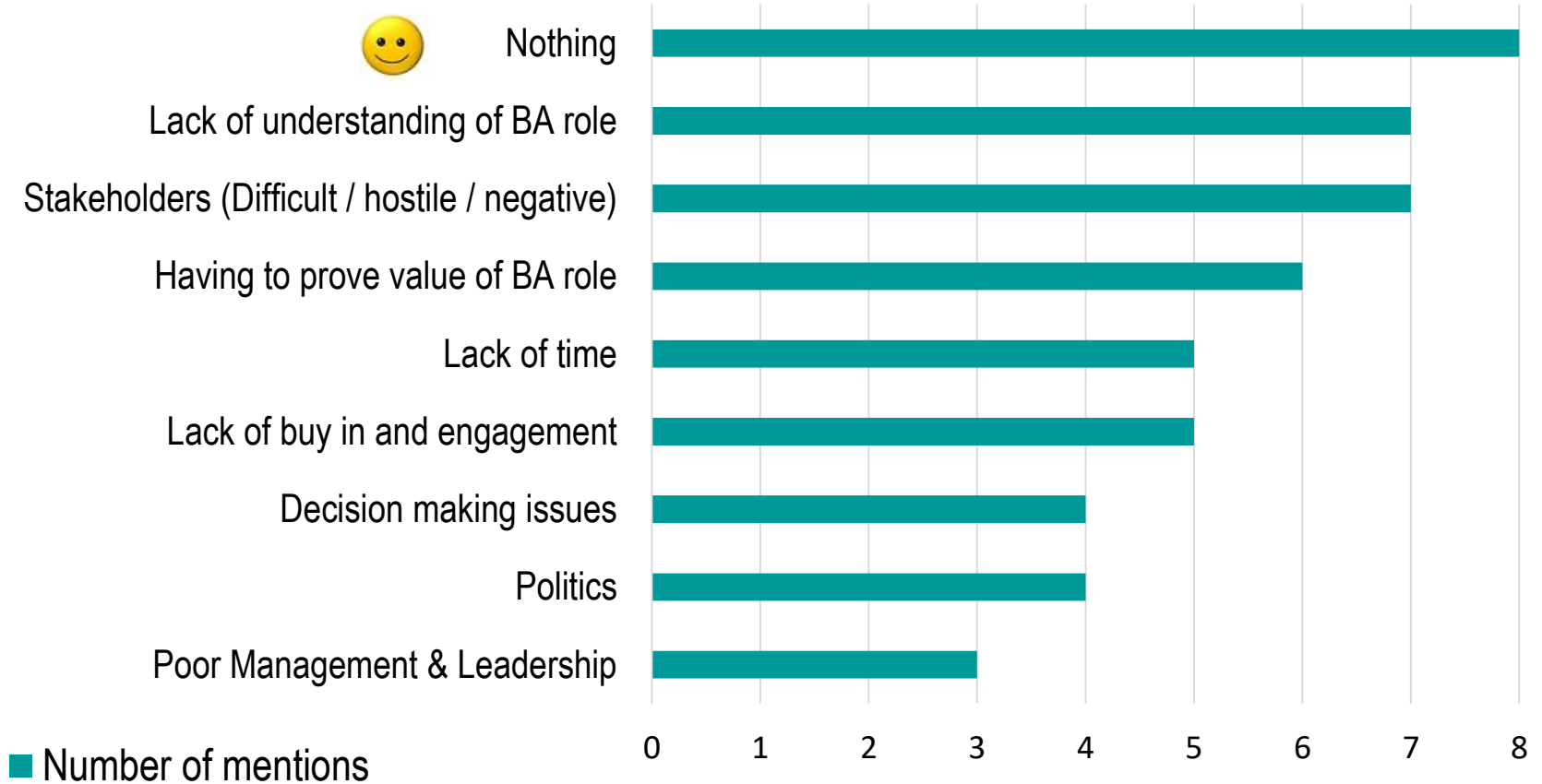


The **PRESSURES** we face as Business Analysts

- Stakeholder issues (inc. PMs)
- Time Constraints
- Lack of Resource
- Competing Priorities
- Business Process Changes



What we **DISLIKE** about being Business Analysts





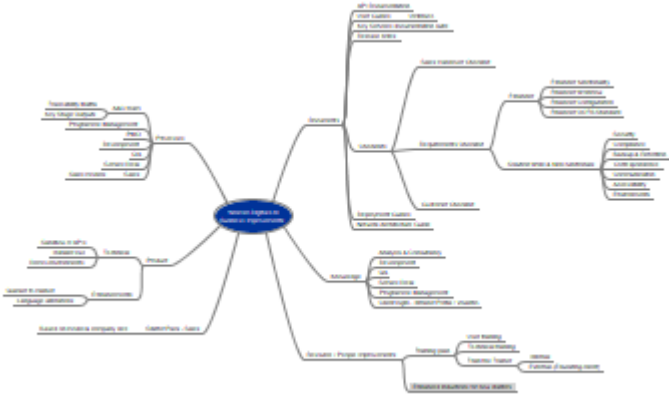
Set aside your **optimum time** of day to tackle important BA tasks...



- Reading & Producing Documentation
- Creative thinking time
- Applying BA Techniques
- Creating Models & Diagrams
- Analysing Data
- Planning Activities

Declutter your mind, give yourself some much needed head space...

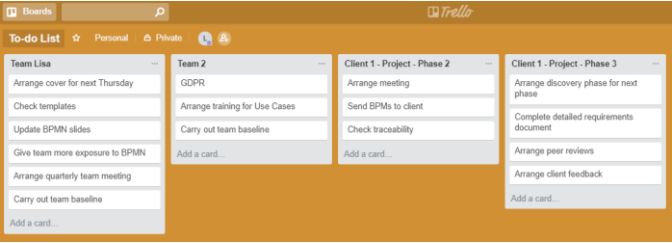
Mindmaps



Doodles & Graphics



Kanban Boards



Pen & Paper



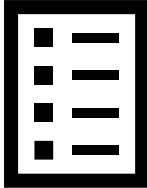
Sticky Notes



On an **evening**, read any work notes you have taken during the day...



Commit to Memory



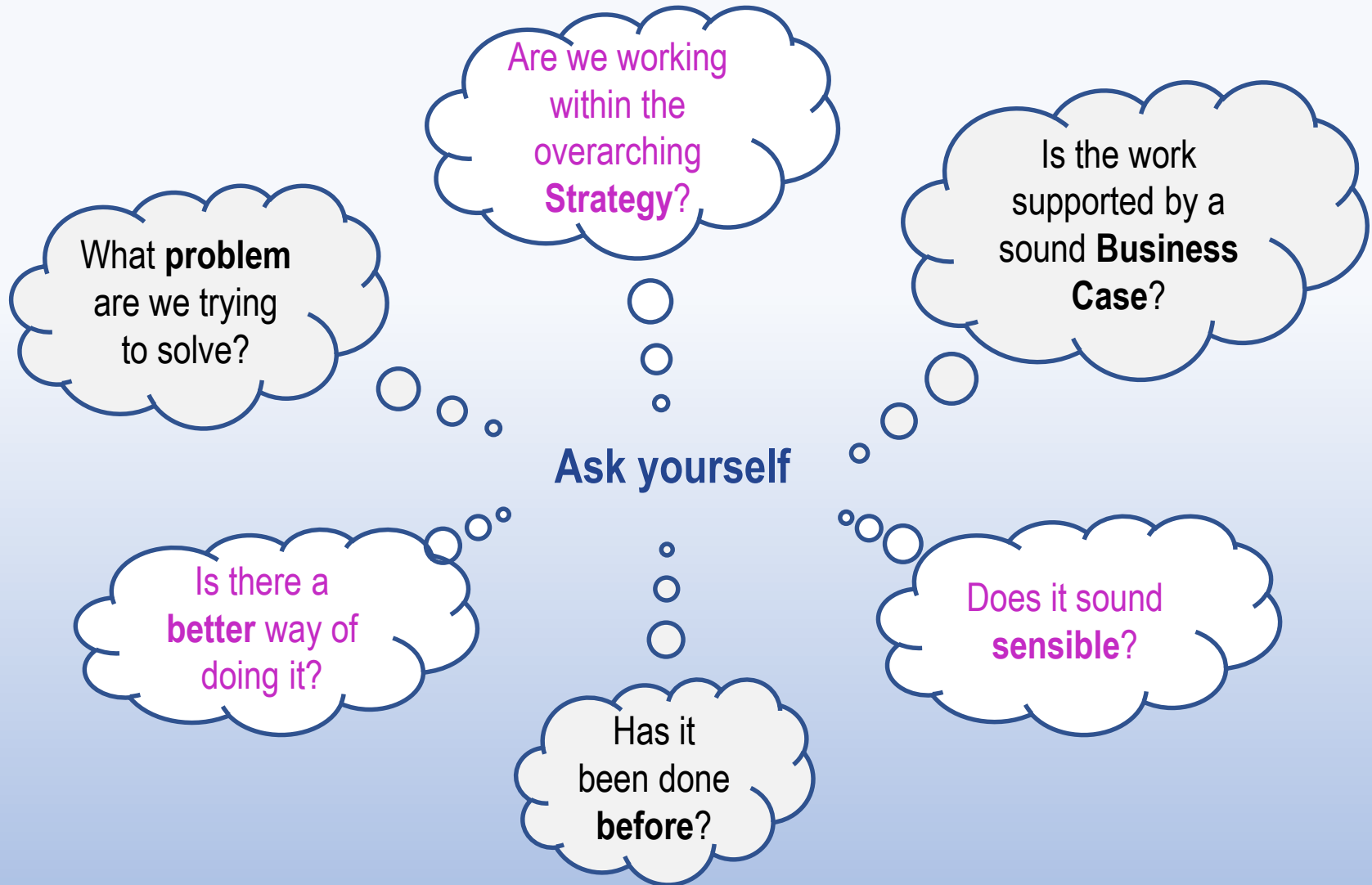
Note Actions

Try and get ahead, don't **procrastinate...**!



I have not yet begun
to procrastinate.

Check, and double check the important things



Are you putting yourself first?



Learn phrases to help
you assert yourself

Learn to say '**No**'

Learn how to push back

Have excuses at the ready

Keep practicing until it
becomes the norm!!



Group Discussion 2: Identify Improvements

Please discuss ways to combat the pressures of the BA role and encourage better ways of working

(10 minutes)



Group Discussion 3: Team Improvements

Please consider how this workshop will influence your team when back in the office

(10 minutes)



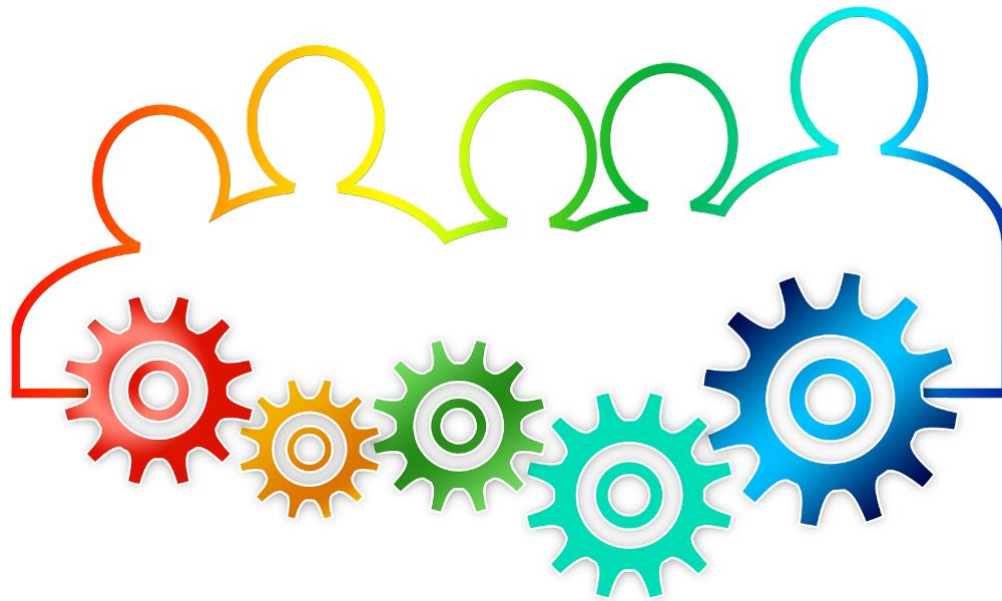
'What, Why, When...? Analysis

Key

	Could relate to ...
WHAT	Objectives, Requirements, Data, Scope
WHY	Business Case, Drivers for change, Rationale
WHEN	Timescales, Events, Milestones
WHERE	Location (places, IT Locations; Server names, Schema names)
HOW	Processes & Operations
WHO	People, Resources

TASK 1	
WHAT	Detailed Requirements document
WHY	To clarify client requirements in relation to Project A, once validated this will inform cost estimates
WHEN	The document must be published and sent to the client by next Thursday
HOW	The draft document will be peer reviewed and once final changes are made, published to version 1.0
WHO	Author: Gary (Business Analyst) Peer Review: James (Product Consultant)
WHERE	The document will be stored in SharePoint

Support others, encourage a **BA Community** spirit
internally and externally



BA Management Forum

The IIBA UK Mentor Scheme 2019

<https://www.iibauk.org/mentoring>

Keep your team on track, always have a **Plan**



Look after **you** first



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Thoughts...

- When stress occurs, press the Pause button and reflect on your health
- Try to recognise and address stress in yourself and your team members
- The challenges of the BA role can be what attract you to it but can also be your downfall
- The BA role has only been recognised as a profession in its own right in recent years

Thank you

Please keep in touch:

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