## From Fat To Fit, KAIZEN, LEAN & 6 Sigma



#### The Course Schedule:

- Five days
- Six hours per day

### The Course Objectives:

- Understand and articulate the principles, concepts, and importance of continuous improvement in organizational success.
- Familiarize participants with various continuous improvement methodologies, such as Kaizen, Lean, and Six Sigma.
- Discuss strategies to create and sustain a culture that encourages and supports continuous improvement within the organization.
- Equip participants with practical tools and techniques for identifying, analyzing, and improving processes.
- Highlight the role of leadership in driving and championing continuous improvement initiatives, emphasizing the need for their active participation.
- Build skills for effective team collaboration, communication, and problemsolving within the context of continuous improvement projects.
- Enable participants to apply tools such as root cause analysis, process mapping, and statistical process control to address real-world challenges.
- Explore how continuous improvement principles can be adapted and implemented across various industries.
- Teach participants how to establish meaningful KPIs, measure progress, and use data-driven insights to evaluate the effectiveness of continuous improvement efforts.
- Develop strategies for sustaining continuous improvement over the long term, including methods for integrating improvement into daily work routines and organizational processes.

## The Course Topics

## Day 1:

- Definition and Principles of Continuous Improvement
- Importance of Continuous Improvement in Business
- Key Concepts: Kaizen, Lean, Six Sigma
- Role of Leadership in Driving Continuous Improvement
- Creating a Culture of Continuous Improvement
- Understanding Process Improvement
- Identifying Opportunities for Improvement
- Overview of DMAIC (Define, Measure, Analyze, Improve, Control)

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#### Day 2:

- Root Cause Analysis: Fishbone Diagrams and 5 Whys
- Process Mapping and Value Stream Mapping
- Statistical Process Control (SPC)
- Failure Modes and Effects Analysis (FMEA)
- Gemba Walks and Observation
- PDCA (Plan-Do-Check-Act) Cycle
- Visual Management and 5S
- Benchmarking for Continuous Improvement
- Voice of the Customer (VOC) and Quality Function Deployment (QFD)

### Day 3:

- Building High-Performance Improvement Teams
- Effective Communication in Continuous Improvement
- Collaboration Techniques and Team Dynamics
- Leadership's Role in Supporting Improvement Teams
- Managing Resistance to Change
- Conflict Resolution in Continuous Improvement
- Motivating Teams for Long-Term Success
- Celebrating Success and Recognizing Achievements
- Team-Based Problem Solving
- Continuous Improvement Training and Skill Development

#### Day 4:

- Continuous Improvement in Manufacturing
- Service Industry and Continuous Improvement
- Applying Six Sigma in Various Industries
- Agile and Continuous Improvement
- Continuous Improvement in Project Management
- Sustainability and Continuous Improvement
- Lean Thinking in Supply Chain Management
- Kaizen Events and Rapid Improvement

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### Day 5:

- Key Performance Indicators (KPIs) for Continuous Improvement
- Data-Driven Decision Making
- Continuous Improvement Metrics and Measurement
- Establishing Feedback Loops 5. Sustaining a Culture of Continuous Improvement
- Continuous Improvement Audits and Assessments
- Lessons Learned from Continuous Improvement Initiatives
- Adapting to Change and Continuous Improvement
- Developing a Personal Continuous Improvement Action Plan