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Dear Colleagues,

Before we start with our overview, we would like to wish you and your dears a very healthy, happy and prosperous New Year 2004! We hope for growing cooperation and look forward to supporting you in your endeavours and new projects!

Sixsigma-24 Team

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### New I-TRIZ- Six Sigma-2004 training programmes for Champions, Green- , Black- and Master Black Belts

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This year we have significantly upgraded all our training particularly

- a) Six Sigma methodology,
- b) Six Sigma technology and tools, and
- c) Training concepts

What is new ?

#### a) Six Sigma Methodology 2004

We are first to integrate I-TRIZ methodology and tools with both “classic” six sigma methodologies, i.e. with DMAIC (Define, Measure, Analyse, Improve and Control) and DFSS (Design for Six Sigma).

TRIZ is a russian acronym for Theory of Inventive Problem Solving which has been originally invented and developed by Henrich Altshuller in 50s-80s in Russia.

I-TRIZ refers to the advanced research-based TRIZ methodology and software technologies developed by TRIZ-researchers and analysts in Ideation International, Inc.

These systemic problem solving methodology could be very efficiently applied at all phases of six sigma implementation, i.e. to problem definition, analytical system- and failure mode analysis, search for root causes of negative effects , efficient generation of ideas and inventive solutions, their evaluation, also along with system evolution etc.

I-TRIZ technology and software tools serve as decision support and knowledge management for both teams and individuals, as well as technology for efficient brainstorming and moderating teams in different fields and application areas.

Using these methodology and tools Six Sigma project teams

- come to efficient solutions of their problems 10 to 100 times quicker,

- avoid risky mistakes especially in Define and Measure phases, as well as Verify and/or Control phases of the projects,
- generate efficient and inventive ideas which allow to improve sigma level up to 4 to 6 sigmas, with less manpower and low costs,
- develop highly reliable control systems etc.

## b) What is new in Six Sigma Technology- and Tools 2004?

### \* I-TRIZ tools Integration

Each participant of our training courses get the following I-TRIZ software as a part of training materials, i.e. included in the course fees:

- E-Learning software \* Basic TRIZ\*
- Ideation Brainstorming Software License
- Ideation Brainstorming Report Generation Software License

For Black- and Master Black Belts we use also elaborated I-TRIZ software technologies, such as Innovation Workbench (IWB), Ideation Failure Analysis (IFA) and Ideation Failure Prediction (IFP). Each participant get a free software license during the course. After the course the decision is usually made to purchase or to lease relevant software. The price for these software products is not included into the training fees.

### \* Upgrade to Minitab 14.0

We have adopted our training materials with new functionalities and tools available in the new version of Minitab 14.0 Statistical Software

### \* Application of Minitab Quality Companion tools

Optional we apply Minitab Quality Companion software and integrate it into training materials

## c) New Training Concepts 2004

This year we enhance our training with new methods and efficient techniques of stress management and keeping Six Sigma Belts fit to job, i.e. leadership and mentoring roles, particularly using alternative breathing gymnastics.

Breathing specialists worldwide use both old and new methods to teach people to control their breathing. Controlled breathing at present is practised by gymnasts, swimmers, weight-lifters and track-and-field athletes, to significantly improve their sports performance. It is more and more used by managers, moderators, teachers, consultants, singers, sales professionals etc. to stabilise and keep high their performance under tight schedules, high travel frequency and speaking load etc.. It helps to become robust to the above overloading, to gain more confidence and improve communication particularly through strong and attractive voice, to protect and even improve their overall fitness and mood, as well as motivation etc.

Why it is of value particularly for Six Sigma specialists?

It is proven by scientists, that professionals like managers, project leaders etc. suffer from so-called negative stress, from the lack of movement and wrong nutrition etc. which become a main threat for the acute health of more than 25 per cent of the representatives of these

profession group. According to a study of the Institute for work and social hygiene (IAS, Karlsruhe) 75 per cent of the examined high-level personnel suffer under moving and joint complaints, 24 per cent under attraction barness, depressive detunings and exhaustion conditions. Further consequences of the daily loads are: muscle spannings pain, high blood pressure, stomach disturbances, attenuation of the immune system, etc. Finally it significantly decreases long-term efficiency and performance.

In cooperation with leading psychologists, physicians, voice coaches etc., we have developed training materials particularly on alternative breathing gymnastics for everybody and will introduce them during the course as optional topics. It is certainly a personal decision and responsibility of each course participant, whether and how to make use of it in the future, but we feel important to support them with relevant information and demos.

We also organise our public trainings in a health resort Bad Wilhelmshoehe in Kassel, located in geographical centre of Germany, so that course participants can really relax after the class and become more healthy and fit to the job and successful Six Sigma career along with gaining valuable know-how.

You are cordially invited to participate in our new programmes and to learn, how to excel Six Sigma career professionally, physically and emotionally.

Register to the courses now!

[www.sixsigma-24.de](http://www.sixsigma-24.de)