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Agile and Iron Triangle Methods Both the Agile and Iron Triangle are widely used methods of project management. However, some differences exist between the two methods as discussed below:   
The Iron Triangle Method   
This methodology is a process of sequential design where developers working on a project proceed to the next level of development as they complete each of the stages in the sequence (Measey and Berridge, 26). These eight stages are the conception of the idea, initiation of the project, analysis stage, design stage, construction stage, testing stage, implementation stage and the last stage is maintenance. In this method, developers cannot revert to a previous phase the moment they complete that step because the process is sequential. Going back to an earlier phase may mean restarting the whole project.   
Agile Method   
The Agile method was developed to provide solutions to the shortcomings of the waterfall methodology. It gives a project an incremental approach as opposed to a sequential one (Measey and Berridge, 39). Developers begin with a simplified design for the project and then proceed to work on the small modules. Developers work on these modules either in weekly sprints or in monthly sprints. When each sprint ends, the developers evaluate the priorities of the project and run tests. The option to work in sprints gives developers the ability to incorporate feedback from the customer into the project’s design before they begin another sprint.   
The Agile methodology can be applied in our individual project because it is flexible and allows for changes in the design after the completion of the initial plans. With this method, we can also incorporate additional features by introducing new technology into the project (Measey and Berridge, 44). Agile also allows for thorough testing of the products.   
Works Cited   
Measey, Peter, and Chris Berridge. Agile Foundations Principles, Practices and Frameworks. Swindon: BCS Learning & Development Limited, 2015. Print.