

# Intro to Lean Six Sigma

GoSkills online course syllabus

Thursday, September 11, 2025

**Skill level**

Basic - Advanced

**Lessons**

7

**Pre-requisites**

None

**Video duration**

35m

**Estimated study time**

3h for all materials

**Instructor**

Ray Sheen

## Intro to Lean Six Sigma

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1

### Introduction

Here's a quick rundown of what we'll cover in each lesson within our course, Introduction to Lean Six Sigma.

2

### History of Continuous Improvement

Lean Six Sigma is a proven business process improvement methodology that builds on the best practices and experiences of earlier approaches. It combines best practices around customer focus, empowered teams, process definition, and data analysis.

3

### Six Sigma Principles

The Six Sigma methodology seeks to reduce and ultimately eliminate variation within a process. It applies a five-phase project management approach and uses the standard deviation (sigma) as the controlling attribute for the process.

4

### Lean Principles

The Lean methodology seeks to reduce and ultimately eliminate waste within a process. It applies a five part approach and uses flow control as the optimizing principle for the process.

5

### Lean and Six Sigma

Lean and Six Sigma are easily blended. They have many similarities in methodology – process focused, team based, and project management. The differences, analyzing quality data versus flow data, are complementary and together provide a balanced view of the process.

6

### Project Phases

The Lean Six Sigma methodology relies on a five-phased project management methodology. The phases Define, Measure, Analyze, Improve, and Control provide structure to the project.

7

### Project Deliverables

The Lean Six Sigma methodology has defined a set of deliverables that should be prepared during each of the five project phases. These deliverables will guide a project team through the improvement process in an orderly and logical manner.