

Daniel "phrawzty" Maher
Datadog

**What MMA
taught me about
working in tech**

Mixed Martial Arts

**Mixing techniques
from multiple
disciplines**

Ancient history

Pankration, Lei Tai

Recent history

**Merikan, Sambo,
Shoot, Pancrase,
Jeet Kun Do,
Brazilian Jiu Jitsu
(BJJ)**

Contemporary history

Ultimate Fighting Championship

A one-day tournament held in 1993.

About me

**Hospitalised by both
tech and MMA, so I
know what I'm
talking about**

About Datadog

Modern monitoring & analytics

We're hiring!



Elephant in the room

**MMA: Just two
people beating each
other up?**

Further terrible definitions

**Programming:
pressing plastic
squares in more or
less the right order**

Not a vacuum

**Work with people,
train with people**

**Learning #1: The right
people**

**Coaches and
training partners**

Like managers and co-workers.

Identifying toxicity

**"Submitted —
by a *girl*."**

This shouldn't be an insult.

Learning #2: The right environment

**Safe space to
make mistakes and
learn new things**

Datadog post-mortem

Eliminate stigma, learn, grow, and improve

Learning #3: The value of project management

Organising your time and effort is key

Training camp

**Variable intensity,
technical work, and
recovery time**

Organised in two-week blocks...

Sprints, as in Agile

**Variable intensity,
technical work, and
recovery time**

Hopefully injury-free!

Learning #4: Getting enough rest

**You need to sleep
and you need to rest**

Burnout is a real thing

Added bonus:
***you* don't know**
that it's happening

Burnout is like over-training

**Burnout is incredibly
dangerous**

Problem: it doesn't feel that way.

Learning #5: Diet is everything

What and how you eat matters

Thinking about food

Quality, Quantity, and Timing

Generally good advice

**"Eat food.
Not too much.
Mostly plants."
– Michael Pollan**

Don't forget to enjoy yourself sometimes!

Learning #6: Learn the basics

Fundamentals win fights

Basics are critical, but...

**Don't be dogmatic
about fundamentals**

Learning #7: Embrace diversity

**Diversity makes you
better *by default***

A diverse fundamental

**There's more
than one way to
throw a jab**

But people will try to tell you otherwise.

**Tech needs diversity to
succeed**

**Fresh eyes and
fresh ideas**

Not to mention testing and QA...

Learning #8: Penetration testing (seriously)

An interesting parallel between the fight and security games

How to fight / pen test

**Observe, adapt, act;
sometimes really
quickly**

Flying tiger, hidden dragon

**Don't make it
obvious**

Predictability will get you hurt.

Learning #9: Plan to change plans

**Work percentages,
but be open to new
insight**

Validation is a trap

**Data that challenges
your model is a *gift***

**Where the really interesting things
happen.**

Learning #10: Deal with it

"Everyone has a plan until they get punched in the mouth."

– Mike Tyson

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Thanks! I hope you enjoyed it. :)