Lessons learnt from the trenches of Agile
It's hard - for everyone
The theory is different from the practice.
The teams can operate (not surprisingly) like a sports team.
Its socially rewarding - but can be political

VERY SNEAKY...
Very product focused - can be hard on innovation

It's never too late
For drastic innovation
Works well with new teams - challenges with old dogs
People still have their favourite work
Formal review and Organisation structure present...
Training can present challenges too