PMI-ACP Exam Prep

Deliver value with Scrum, Kanban, Lean and XP, with preparation for the PMI-ACP exam.

DURATION	FORMAT	LEVEL
45 hours	Onsite, online or hybrid	Intermediate

About this programme

A practitioner programme spanning Scrum, Kanban, Lean and XP and the practices behind value-driven delivery, stakeholder engagement, team performance, adaptive planning, problem resolution and continuous improvement, with preparation for the PMI-ACP exam.

Who it is for: Agile practitioners, Scrum Masters, project managers and team leads

What your team will be able to do

- Apply Agile principles across Scrum, Kanban, Lean and XP
- Prioritise by value using MVPs, story mapping and value stream mapping
- Engage stakeholders with user stories, wireframes and clear communication
- Plan adaptively using agile estimation techniques
- Detect problems early and drive continuous improvement

Before you start

- Experience working on Agile teams
- The exam owner sets its own experience rules for the exam; check them before booking

Course outline

1. Agile foundations

- The Agile Manifesto and its principles
- Scrum, Kanban, Lean and XP
- Self-organisation and team dynamics

2. Value and stakeholders

- Value-based prioritisation, MVPs and project charters
- Story mapping and value stream mapping
- User stories, wireframes and stakeholder management
- Decision models, active listening and conflict resolution

3. Team performance

- Team formation stages and self-managing teams
- Adaptive leadership and emotional intelligence
- Agile coaching and daily stand-ups

4. Adaptive planning

- Agile planning stages, artefacts and meetings
- Modelling and estimation techniques
- Handling project delays

5. Problem resolution and continuous improvement

- Risk management, risk-based spikes and control charts
- Continuous integration and testing
- Experiments, reviews and retrospectives
- Value stream analysis and pre-mortems
- Agile tools for planning, metrics and monitoring

Sample schedule

6 days onsite, or 12 half-day sessions online. We fit days and session lengths to your team's calendar.

Day 1	8 h	Agile foundations; Value and stakeholders
Day 2	8 h	Value and stakeholders (continued)
Day 3	8 h	Value and stakeholders (continued); Team performance
Day 4	8 h	Team performance (continued); Adaptive planning
Day 5	8 h	Adaptive planning (continued); Problem resolution and continuous improvement
Day 6	5 h	Problem resolution and continuous improvement (continued)

Assessment and certification

How learning is checked

- A self-assessment before and after the programme
- Case work, role-plays and exercises with feedback from the trainer
- A personal action plan that each participant presents at the end
- A timed practice exam in the format of the real one, with a review of every answer

Certificate and exams

- Participants who complete the programme receive a Cognitive Networks AI certificate of completion.
- Prepares your team for the PMI-ACP exam. Exam vouchers are not included: each participant books the exam with the Project Management Institute.

Formats and cohort size

- Onsite: At your office or a venue you choose, in full days.
- Online, live: Instructor-led over video, usually in half-day sessions so people can keep up with work.
- Hybrid: Some days in a room together, the rest online. Useful when a team works across cities.

Cohort size: 15 to 30 people per trainer. Larger teams run as parallel cohorts on the same outline, so everyone learns the same thing.

Pricing: We quote per cohort, based on duration, format and number of cohorts. There is no per-seat price list: tell us your team and we send a proposal within one business day.

Bring this programme to your team

Request a proposal at cognitivenetworks.ai/contact?programme=pmi-acp

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