PMP Exam Prep

Lead predictive, agile and hybrid projects, aligned to the PMI PMP Exam Content Outline.

DURATION	FORMAT	LEVEL
45 hours	Onsite, online or hybrid	Intermediate

About this programme

Covers project management across predictive, agile and hybrid approaches, structured around the People, Process and Business Environment domains of PMI's PMP Exam Content Outline, with exam strategy and practice.

Who it is for: Project managers, delivery managers and team leads preparing for PMP

What your team will be able to do

- Choose and tailor predictive, agile and hybrid life cycles
- Build, lead and coach teams and resolve conflict
- Manage scope, schedule, cost, risk and change
- Align projects with strategy, compliance requirements and benefits
- Plan an effective approach to the PMP exam

Before you start

- Experience leading projects
- The exam owner sets its own education and experience rules for the exam; check them before booking

Course outline

1. Project management foundations

- Projects, programmes, portfolios and the PMO
- Life cycles: predictive, iterative, incremental and agile
- Organisational structures and influences
- Agile and hybrid approaches: Scrum and Kanban
- PMI and the PMP certification process

2. People

- Building and leading a team
- Managing conflict
- Engaging stakeholders and managing expectations
- Coaching, mentoring and emotional intelligence

3. Process

- The PMBOK Guide knowledge areas
- Applying agile and hybrid practices
- Managing change
- Assessing and managing risk
- Planning budget, resources and schedule

4. Business environment

- Aligning projects with organisational strategy
- Managing compliance requirements
- Evaluating project benefits and value
- Supporting organisational change

5. Exam preparation

- Exam structure and question types
- Study strategy using the ECO and practice exams
- Time management and test-taking techniques

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	Project management foundations
Day 2	8 h	Project management foundations (continued); People
Day 3	8 h	People (continued); Process
Day 4	8 h	Process (continued); Business environment
Day 5	8 h	Business environment (continued); Exam preparation
Day 6	5 h	Exam preparation (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 PMP 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=pmp

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