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PMP Exam Preparation: Project Management Essentials

14 – 18 December 2026
Malé (Maldives)

PMP Exam Preparation: Project Management Essentials

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PMP exam preparation is structured study of project management as the Project Management Institute PMI defines it for the Project Management Professional PMP credential: leading people, running the project process and linking projects to the business environment, across predictive, agile and hybrid approaches. This 1-week course is for practising project managers and team leads, and its final deliverable is a personal study plan built on a project charter and work breakdown structure.

Introduction

The course rests on three PMI references. The PMP Examination Content Outline groups the knowledge tested into three domains: people, process and business environment. The PMBOK Guide sets out the principles, performance domains and terms of project management. The Agile Practice Guide explains iterative and adaptive delivery and how it combines with predictive planning in hybrid projects. The level is practitioner, for people already managing or coordinating projects. Teaching mixes concept reviews, scenario questions in the style of the exam domains and a charter and scope exercise.

Course Objectives

- Define the three exam domains of people, process and business environment and the tasks each contains
- Distinguish predictive, agile and hybrid life cycles and select one for a described project
- Apply initiating practices to produce a project charter and a stakeholder register
- Apply scope planning to collect requirements, define scope and build a work breakdown structure
- Interpret situational questions on team leadership, conflict and stakeholder engagement and justify the best response
- Compare organisational structures and governance and explain their effect on a project manager's authority

Target Audience

- Project managers preparing for the PMP credential, who must decide where their study effort is most needed
- Team leads coordinating projects without formal training, who must judge how standard practice differs from their habits
- Agile practitioners moving into blended roles, who must select when predictive planning still suits part of a project
- Engineers and analysts running technical projects, who must determine how to scope work and engage stakeholders
- PMO staff supporting project managers, who must interpret PMI terminology consistently across projects

Course Outline

Day 1: PMI Foundations and the Business Environment

- Project vs Operations: Temporary One-Off Work Compared with Ongoing Routine Activity
- PMP Examination Content Outline: People, Process and Business Environment Domains
- Project Management and the Business: Benefits, Value Delivery and Strategic Alignment
- Stakeholders and Project Governance: Roles, Decision Rights and Escalation Paths
- Interpersonal and Team Skills: Communication, Facilitation and Emotional Intelligence for Projects

Day 2: Organisations, Teams and Life Cycles

- Predictive vs Agile vs Hybrid Life Cycles: Choosing a Delivery Approach
- Organisational Influences: Functional, Matrix and Projectised Structures and Manager Authority
- Project Team Roles: Sponsor, Project Manager, Team Members and Product Owner
- Agile Methodology Essentials: Iterations, Backlogs and Servant Leadership in Practice
- People Domain Scenarios: Conflict, Team Building and Leadership Question Practice

Day 3: PMI Process Framework and Project Information

- Process Groups vs Performance Domains: Two PMI Ways of Organising Project Work
- Project Management Processes: Inputs, Tools, Techniques and Outputs Explained
- Knowledge Areas: Scope, Schedule, Cost, Quality, Resources, Risk and Others
- Project Information Flow: Work Performance Data, Information and Reports Distinguished
- Process Domain Scenarios: Integration and Change Control Question Practice Set

Day 4: Initiating a Project

- Project Charter vs Project Management Plan: Authorisation Compared with Detailed Direction
- Initiating Process Group Map: Steps from Business Case to Authorised Project
- Developing a Project Charter: Objectives, High-Level Risks, Milestones and Sponsor Approval
- Identifying Stakeholders: Register, Power-Interest Grid and Engagement Levels
- Business Environment Scenarios: Compliance, Benefits and Organisational Change Questions

Day 5: Planning Scope and Study Plan Practice

- Product Scope vs Project Scope: Deliverable Features Compared with Work Required
- Planning Process Group and Scope Management Plan: Scope, Schedule, Cost and Resource Baselines
- Collecting Requirements and Defining Scope: Applying Stakeholder Methods to Scope Statements
- Work Breakdown Structure Exercise: Applying Decomposition to the Course Charter Case
- Personal Study Plan: Completing the Charter, WBS and Domain Review Schedule

Skills You Will Gain

- Project Charter Development
- Stakeholder Analysis
- Requirements Collection
- Work Breakdown Structure
- Life Cycle Selection
- Scenario Question Analysis
- Agile Practice Basics

Why Attend This Course

- From studying the PMBOK Guide unaided to working through the three exam domains in a set order
- From one familiar way of running projects to choosing between predictive, agile and hybrid approaches
- From guessing at situational questions to reasoning from PMI principles to the best response
- From scattered notes to a personal study plan built on a finished charter and work breakdown structure

Conclusion

Preparing for the PMP credential means learning to think about projects the way PMI describes them: as people leadership, disciplined process and value for the business. The course makes three distinctions clear: projects against operations, predictive against agile and hybrid life cycles, and the project charter against the project management plan. Over one week it suits practising project managers who want a structured route through the exam domains, rather than the broader practice of a longer project management course.

Course FAQs

What is PMP exam preparation?

PMP exam preparation is structured study of the knowledge PMI tests for the Project Management Professional credential, organised by the people, process and business environment domains and covering predictive, agile and hybrid approaches.

What is the difference between predictive and agile approaches in the PMP exam?

A predictive approach fixes scope early and plans the whole project before delivery. An agile approach delivers in short iterations, refining scope as feedback arrives. Hybrid projects combine both, and candidates are expected to recognise when each fits.

Which PMI references does the PMP exam preparation course follow?

The course follows the PMP Examination Content Outline, the PMBOK Guide and the Agile Practice Guide, all published by PMI, and uses their terms throughout the scenario practice.

Is the PMP exam preparation course right for an agile team lead?

Yes, for agile team leads with project experience. It fills in the predictive planning, governance and initiating practices that agile roles may not cover, and shows how hybrid projects combine both.

What do delegates produce in the PMP exam preparation course?

Delegates produce a project charter, a stakeholder register and a work breakdown structure for a case project, and a personal study plan that schedules their remaining review across the three domains.