PMI-RMP Exam Preparation: Project Risk Essentials

4 – 8 January 2027
Cape Town (South Africa)



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PMI-RMP exam preparation in project risk management essentials is structured study of the risk management knowledge tested by the PMI Risk Management Professional PMI-RMP examination, from risk strategy to monitoring and closing risks. This one-week course is for project managers and risk practitioners preparing for that examination, and its final deliverable is a case project risk register and risk management plan with a personal study plan mapped to the exam domains.

Introduction

Two references frame the course. The PMI-RMP Exam Content Outline organises the examination into five domains: risk strategy and planning, risk identification, risk analysis, risk response, and monitor and close risks. The PMBOK Guide, published by the Project Management Institute, supplies the project risk management processes and terms the domains draw on. The level is professional: delegates already work with project risk and need focused exam preparation. Teaching combines short concept reviews, case exercises on construction and IT projects, and practice questions after each domain.

Course Objectives

- Define the five domains of the PMI-RMP Exam Content Outline and the tasks examined under each
- Apply risk planning steps to produce a risk management plan and maintain a living risk register
- Distinguish qualitative from quantitative risk analysis and select the technique a scenario question calls for
- Interpret expected monetary value, decision tree and sensitivity results in project risk questions
- Compare threat and opportunity response strategies and justify contingency and fallback plans with reserves
- Select monitoring measures such as risk audits, variance and trend analysis and earned value to control risk

Target Audience

- Project managers preparing for the PMI-RMP examination who must decide where to focus their study
- Project risk analysts and coordinators who must judge which analysis technique fits each project situation
- PMO staff responsible for risk processes who must choose how plans and registers are kept current
- Portfolio and project controls staff handling reserves who must assess contingency and management reserve use
- Engineers and team leads moving into risk roles who must select responses for threats and opportunities



Course Outline

Day 1: Exam Structure and Risk Management Foundations

- PMI-RMP Credential Overview: Purpose, Exam Format and Application Steps
- Exam Content Outline Domains: Strategy, Identification, Analysis, Response and Monitoring
- Threat vs Opportunity: Defining and Classifying Positive and Negative Project Risks
- PMBOK Guide Risk Processes: Overview of Planning Through Monitoring
- Critical Success Factors for Risk Management: Culture, Ownership and Early Engagement

Day 2: Risk Strategy, Planning and Identification

- Risk Management Plan Contents: Methodology, Roles, Budget, Timing and Categories
- Risk Register vs Risk Report: Detailed Entries Compared with Summary Reporting
- Planning Meetings and Analysis Sessions: Setting Thresholds and Risk Appetite
- Information-Gathering Techniques: Interviews, Brainstorming, Delphi and Checklist Analysis
- Diagramming Tools and Seven Basic Quality Tools: Cause-and-Effect and Flowcharts

Day 3: Qualitative and Quantitative Risk Analysis

- Qualitative vs Quantitative Analysis: Prioritising Risks Compared with Modelling Their Effect
- Probability and Impact Matrix: Scoring, Categorising and Assessing Response Urgency
- Probability Distributions and Sensitivity Analysis: Tornado Charts and Range Estimates
- Expected Monetary Value Analysis: Weighing Outcomes by Their Probabilities
- Decision Tree Analysis: Comparing Options Under Uncertainty with Expected Values

Day 4: Risk Response, Monitoring and Control

- Threat Responses vs Opportunity Responses: Avoid, Transfer, Mitigate Compared with Exploit, Share, Enhance
- Contingency and Fallback Plans: Triggers, Owners and Secondary Responses
- Contingency Reserve vs Management Reserve: Known Risks Compared with Unknown Risks
- Risk Reassessments and Audits: Checking Effectiveness of Responses and Processes
- Variance, Trend, Earned Value and Reserve Analysis: Monitoring Risk Through Performance Data

Day 5: Risk Leadership and Exam Practice

- Leadership Styles vs Management Styles: Influencing Risk Behaviour in Project Teams
- Motivation Theories and Conflict Management: Handling Disagreement over Risk Ratings
- Risk Communication Process: Reporting Risks to Sponsors and Stakeholders
- Domain Practice Questions: Applying Analysis, Response and Monitoring to Scenarios
- Risk Register, Risk Plan and Study Plan: Completing the Final Deliverable



Skills You Will Gain

- Risk Management Planning
- Risk Register Maintenance
- Probability and Impact Scoring
- Expected Monetary Value
- Decision Tree Analysis
- Reserve Analysis
- Risk Response Selection
- Risk Communication

Why Attend This Course

- From studying scattered materials to working through each exam domain in a planned sequence
- From guessing which analysis a scenario needs to recognising when EMV, decision trees or sensitivity apply
- From confusing contingency and management reserves to explaining which risks each one covers
- From reading about risk in theory to a completed risk register, risk plan and personal study plan

Conclusion

PMI-RMP preparation turns working knowledge of project risk into a clear command of the domains and techniques the examination tests. The course makes three distinctions clear: qualitative versus quantitative analysis, threat versus opportunity responses, and contingency versus management reserves. It suits project managers and risk practitioners who already handle risk and want five focused days of exam-aligned study, rather than a longer course that adds extended applied practice.

Course FAQs

What is PMI-RMP exam preparation in project risk management?

It is structured study of the risk knowledge covered by the PMI Risk Management Professional examination, organised by its five domains and supported by case exercises and practice questions on planning, identification, analysis, response and monitoring.

What is the difference between qualitative and quantitative risk analysis in PMI-RMP preparation?

Qualitative analysis ranks risks by probability and impact so the team knows which to address first. Quantitative analysis models the combined numerical effect of risks on cost or schedule, using techniques such as EMV and simulation.



Which standard does the PMI-RMP exam preparation course follow?

The course follows the PMI-RMP Exam Content Outline for its domain structure and draws on the PMBOK Guide for project risk management processes, terms and techniques.

Is PMI-RMP exam preparation suitable for a PMO risk coordinator?

Yes. PMO risk coordinators who maintain plans and registers use the course to organise what they already do against the exam domains and to strengthen analysis, reserve and monitoring techniques.

What do delegates produce in PMI-RMP exam preparation training?

Delegates produce a risk register and risk management plan for a case project, together with a personal study plan that maps remaining preparation to the five exam domains.

