PMI® Authorised PMP® Exam Preparation Training

Duration: **5 Day**

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Overview

This intensive and highly interactive five-day training programme is designed to prepare participants for the Project Management Professional (PMP)® certification examination introduced in July 2026. Reflecting contemporary project delivery practices, the course places particular emphasis on value creation, strategic alignment, and effective decision-making in complex and rapidly changing environments.

The programme is organised around the three core PMP® exam domains:**People, Process, and Business Environment**. Together, these domains combine leadership capability, technical project management expertise, and strategic awareness.

Throughout the course, participants develop the knowledge and confidence required to apply project management principles across predictive, agile, and hybrid delivery environments.

Achieving PMP® certification demonstrates a professional's ability to lead projects and deliver results effectively. Recognised internationally as an important benchmark in project management, PMP® can support career development, professional credibility, and increased earning potential.

PMP® Exam

The PMP® examination is not delivered as part of the five-day training programme and must be scheduled separately by each participant.

The examination consists of:

- 180 questions
- A 240-minute examination period
- Delivery through online proctoring or approved testing centres

Participants must submit their examination application directly through the Project Management Institute.

Prerequisites

To qualify for the PMP® examination, participants must satisfy the current eligibility requirements established by the Project Management Institute. These include:

- At least three years of experience leading projects for candidates who hold a bachelor's degree
- At least five years of experience leading projects for candidates without a bachelor's degree
- 35 hours of formal project management education or a CAPM certification

Participants are responsible for confirming that they satisfy the applicable requirements before scheduling their examination.

Professionals who do not yet meet the PMP® eligibility requirements may consider CAPM certification as an alternative entry point.

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Who Should Attend

This programme is intended for experienced project professionals who are working towards achieving PMP® certification.

What You Will Learn

Following completion of the programme and the recommended supporting self-study, participants will be able to:

- Prepare for the PMP® certification examination with greater confidence and structure
- Demonstrate knowledge of project leadership, project delivery, and strategic alignment
- Apply project management practices within predictive, agile, and hybrid delivery environments
- Lead project teams effectively using appropriate leadership, interpersonal, and communication skills
- Connect project outcomes with organisational objectives and value delivery
- Respond effectively to complexity, uncertainty, and change in real-world project environments

Outline

Introduction

Participants are introduced to the PMP® certification, the structure of the training programme, and what to expect throughout the course. This opening session establishes the context for the programme and prepares learners for the learning journey ahead.

The Big Picture: Domains, Lifecycle, and Governance

This section introduces the fundamental concepts that shape contemporary project management practice. Participants examine the PMP® domains, project lifecycles, and governance structures.

The focus is on developing an understanding of the responsibilities and perspectives required of project professionals working within modern organisations.

Stakeholders, Vision, and Communication

This section examines how project professionals can engage stakeholders effectively while establishing a shared vision for the project.

Key areas include:

- Identifying stakeholders and developing appropriate engagement strategies
- Creating and communicating a clear project vision
- Planning and managing project communications
- Aligning stakeholder expectations

These capabilities help establish alignment before detailed planning and project delivery activities begin.

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Team, Conflict, and Knowledge Sharing

This section concentrates on leadership and effective team performance. Participants develop their ability to:

- Build trust and strengthen collaboration
- Address and manage conflict constructively
- Adapt leadership approaches to different working environments
- Support diverse, hybrid, and virtual project teams

The course also considers effective knowledge-sharing practices that contribute to organisational learning and continuous improvement.

Core Planning: Scope, Value, Resources, Finance, and Risk

Participants develop the essential planning capabilities needed to define and manage successful projects.

Topics include:

- Defining and controlling project scope
- Establishing a value-focused approach to delivery
- Planning and allocating project resources
- Financial planning and cost awareness
- Identifying, assessing, and managing project risks

This section establishes the planning foundations required to deliver outcomes that are both realistic and valuable.

Integrated Planning: Method, Schedule, Quality, and Procurement

This section focuses on bringing the different components of a project together within an integrated and coherent plan.

Participants learn how to:

- Develop a comprehensive project management plan
- Align scope, schedule, cost, risk, and quality considerations
- Plan resources according to project requirements
- Understand procurement approaches and supplier management

The emphasis is on ensuring that project components operate together effectively to support successful delivery and alignment with organisational objectives.

Execution, Monitoring, Change, and Impediments

Participants examine how project plans are put into practice and managed throughout delivery.

Topics include:

- Executing project plans effectively
- Monitoring project performance and progress
- Managing change and responding appropriately to risk
- Identifying and removing impediments that affect project momentum

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This section reinforces the importance of adaptability while maintaining continuous alignment with project objectives.

Business Environment, Continuous Improvement, and Closure

This section considers projects within their broader organisational and business context.

Participants learn how to:

- Assess the effects of internal and external change
- Apply continuous improvement practices
- Conduct a structured project closure

Effective project closure helps ensure that expected benefits are realised, lessons are captured, and organisational capability is strengthened for future projects.

Next Steps

At the conclusion of the programme, participants receive guidance on continuing their PMP® exam preparation. This includes effective study approaches, examination techniques, and strategies for making productive use of official PMP® resources.