




### ***Contact Information***

Rachel Forde, Founder & Chief Executive Officer (CEO)

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***What We Believe:*** F&T Management Solutions LLC (F&T) is passionate about delivering proven program and project management solutions to federal, state, local, and commercial clients. With over 20 years of experience in both public and private sectors, we bring deep subject matter expertise across 10 core capabilities within the program and project management discipline.

***What We Do:*** F&T is a Minority Woman-Owned Small Business (MWOSB) that empowers executives to make informed decisions through structured program and project management solutions. From project initiation, we implement tools and processes that promote transparency and enable strategic decision-making.

***Capabilities:*** Our core capabilities include the following:

- Planning and Scheduling
- Strategic Planning (including Marketing)
- Organizational Change Management
- Portfolio Management
- Risk Management
- Resource & Vendor Management
- Mentoring and Education
- Project Review and Recovery
- Project Management Maturity Assessment
- Business Process Improvement

### ***Key Differentiators:***

***Experience:*** Over 20 years of delivering program and project management services across diverse industries.

***Teamwork & Partnership:*** Our professionals collaborate across organizations to drive results through communication and consensus.

**Strategy:** We support the development and execution of your vision, mission, and strategic objectives.

**Understanding:** We recognize and address challenges at both macro and micro levels within agencies.

***Industry Codes:***

NAICS Code	NIGP Codes	PSC Codes
<b>541611</b> – Administrative Management and General Consulting Services	<b>918 06</b> – Administrative Consulting  <b>918 21</b> – Business Consulting  <b>918 75</b> – Management Consulting <b>958 77</b> – Project Management Services	<b>R407</b> – Program Evaluation Services  <b>R408</b> – Program Management/Support Services <b>R409</b> – Program Review/Development Services <b>R410</b> – Support – Professional: Program Evaluation /Review/Development

***Registrations:***

**SAM Unique Entity ID:** KRHEAEKD7XJ1

**Cage Code:** 0GQW7

***Certifications:***

- African American Business Enterprise (AABE), Emerging Small Business Enterprise (ESBE), Minority Business Enterprise (MBE), Small Business Enterprise (SBE), Woman Business Enterprise (WBE), Historically Underutilized Business (HUB), Woman-Owned Small Business (WOSB), and Disadvantaged Business Enterprise (DBE).
- Professional Certification (Rachel Forde): Certified Project Management Professional (PMP) / Project Management Institute (May 2017).

***Experience:***

Rachel Forde, Founder and CEO of F&T, is a seasoned Program Management Professional (PMP) with two decades of experience in both public and private sectors. She has led large-scale federal IT initiatives, managed cross-functional teams, and driven complex projects to successful completion. Her leadership includes managing integrated project schedules, ensuring technical excellence, enforcing quality standards, and implementing internal controls and audits. Rachel's commitment to excellence consistently results in exceeding client expectations.