

Capability Statement



CORE 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.

COMPANY DATA

What We Believe

F&T delivers proven project management solutions that empower clients to achieve measurable results.

What We Do

As a Minority Woman-Owned Small Business, we implement structured, transparent, and results-driven project solutions.

Industry Codes

- SAM UEI: KRHEAEKD7XJ1
- CAGE: 0GQW7
- NAICS: 541611 – Admin Management & Consulting
- NIGP: 91806, 91821, 91875, 95877
- PSC: R407, R408, R409, R410

EXPERIENCE

Rachel Forde, Founder & CEO of F&T Management Solutions, is a Certified Project Management Professional (PMP) with 20+ years of experience leading complex initiatives across the federal, state, and private sectors.

CERTIFICATIONS

- AABE | ESBE | MBE | SBE | WBE | HUB | WOSB | DBE
- PMP – Project Management Professional (PMI, 2017)

Rachel Forde – Founder & CEO

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