

METANOIA
Training and Consulting

Project Management Professional
(PMP) Training

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OVERVIEW

This PMP® Training consists of two parts: (PMP training and Agile training). It will be provided by applying both the trainer expertise and the PMI® best practice as described in the PMBOK® Guide – Sixth Edition. These 70 hours of training will be introduced in an easy understandable language.

Trainees will concept tools techniques and processes that will enhance their ability to manage projects related to their field of work regardless of if they are active project managers with experience in managing projects or at the beginning of their career path. It is a structure to give them the mindset they can apply on their current projects. If they are project management newbies, they will bridge the gap of knowledge and develop their competencies. This training will be presented by Eng. Samah Alafeef, Certified Project Management Professional and Project Management Practitioner.

WHO SHOULD TAKE THIS TRAINING?

Project members who are looking to develop their career and language of Project Management

Project managers who wants to get licensed from the project management institute).

Anyone who wants to contribute and add value their organization.

Anyone who wants to get new opportunity in project management.

WHAT WILL YOU LEARN?

Through this training, you will learn the most important concepts based on the PMBOK® Guide. You will be able to:

Develop greater confidence in defining, planning, and managing projects.

Gain a deeper understanding of core project management competencies.

Practice applying project management skills.

Increase the effectiveness and efficiency in implementing projects management topics.



TRAINING TOPICS

We provide two courses under the PMP training (PMP Course and Agile Booster Course). The booster course is designed to help the trainees cope with the new exam changes and new market need where the need to apply agile management is spreading fast.

Course 1: PMBOK Guide.

1. INTRODUCTION	1.1 Overview and Purpose of the PMBOK Guide and PMP exam 1.2 Foundational Elements
2. THE ENVIRONMENT IN WHICH PROJECTS OPERATE	2.1 Overview 2.2 Enterprise Environmental Factors 2.3 Organizational Process Assets 2.4 Organizational Systems
3. THE ROLE OF THE PROJECT MANAGER	3.1 Overview 3.2 Definition of a Project Manager 3.3 The Project Manager's Sphere of Influence 3.4 Project Manager Competencies 3.5 Performing
4. PROJECT INTEGRATION MANAGEMENT	4.1 Develop Project Charter 4.2 Develop Project Management Plan 4.3 Direct and Manage Project Work 4.4 Manage Project Knowledge 4.5 Monitor and Control Project Work 4.6 Perform Integrated Change Control 4.7 Close Project or Phase
5. PROJECT SCOPE MANAGEMENT	5.1 Plan Scope Management 5.2 Collect Requirements. 5.3 Define Scope. 5.4 Create WBS. 5.5 Validate Scope. 5.6 Control Scope
6. PROJECT SCHEDULE MANAGEMENT	6.1 Plan Schedule Management 6.2 Define Activities. 6.3 Sequence Activities 6.4 Estimate Activity Durations 6.5 Develop Schedule. 6.6 Control Schedule
7. PROJECT COST MANAGEMENT	7.1 Plan Cost Management



	<ul style="list-style-type: none"> 7.2 Estimate Costs 7.3 Determine Budget. 7.4 Control Costs
8. PROJECT QUALITY MANAGEMENT	<ul style="list-style-type: none"> 8.1 Plan Quality Management 8.2 Manage Quality. 8.3 Control Quality
9. PROJECT RESOURCE MANAGEMENT	<ul style="list-style-type: none"> 9.1 Plan Resource Management 9.2 Estimate Activity Resources 9.3 Acquire Resources. 9.4 Develop Team. 9.5 Manage Team. 9.6 Control Resources
10. PROJECT COMMUNICATIONS MANAGEMENT	<ul style="list-style-type: none"> 10.1 Plan Communications Management 10.2 Manage Communications. 10.3 Monitor Communications
11. PROJECT RISK MANAGEMENT	<ul style="list-style-type: none"> 11.1 Plan Risk Management 11.2 Identify Risks. 11.3 Perform Qualitative Risk Analysis 11.4 Perform Quantitative Risk Analysis 11.5 Plan Risk Responses 11.6 Implement Risk Responses 11.7 Monitor Risks
12. PROJECT PROCUREMENT MANAGEMENT	<ul style="list-style-type: none"> 12.1 Plan Procurement Management 12.2 Conduct Procurements 12.3 Control Procurements
13. PROJECT STAKEHOLDER MANAGEMENT	<ul style="list-style-type: none"> 13.1 Identify Stakeholders. 13.2 Plan Stakeholder Engagement 13.3 Manage Stakeholder Engagement 13.4 Monitor Stakeholder Engagement

Course 2: Agile Booster Course

1.INTRODUCTION TO AGILE	<ul style="list-style-type: none"> 1.1. Definable Work Vs. High-Uncertainty Work 1.2. The Agile Manifesto and Mindset 1.3. Lean and The Kanban Method 1.4. Uncertainty, Risk, And Life Cycle Selection
2. LIFE CYCLE SELECTION	<ul style="list-style-type: none"> 2.1. Characteristics of Project Life Cycles 2.2. Mixing Agile Approaches



	2.3. Project Factors That Influence Tailoring
3. IMPLEMENTING AGILE: CREATING AN AGILE ENVIRONMENT	3.1. Start with An Agile Mindset 3.2. Servant Leadership Empowers the Team 3.3. Team Composition
4. IMPLEMENTING AGILE: DELIVERING IN AGILE ENVIRONMENT	4.1. Charter the Project and the Team 4.2. Common Agile Practices 4.3. Troubleshooting Agile Project Challenges 4.4. Measurements in Agile Projects
5. ORGANIZATIONAL CONSIDERATION FOR PROJECT AGILITY	5.1. Organizational Change Management 5.2. Organizational Culture 5.3. Procurements and Contracts 5.4. Business Practices 5.5. Multiteam Coordination and Dependencies (Scaling) 5.6. Agile and the Project Management Office (PMO) 5.7. Organizational Structure 5.8. Evolving the Organization
6. OVERVIEW OF AGILE AND LEAN FRAMEWORKS	6.1. Selection Criteria for the Agile Practice Guide 6.2. Scrum 6.3. Extreme Programming 6.4. Kanban Method 6.5. Crystal Methods 6.6. Scrum ban 6.7. Feature-Driven Development 6.8. Dynamic Systems Development Method 6.9. Agile Unified Process 6.10. Scaling Frameworks 6.11. Scaled Agile Framework 6.12. Large Scale Scrum (Less) 6.13. Enterprise Scrum 6.14. Disciplined Agile (DA)
7. AGILE SUITABILITY FILTER TOOLS	7.1. Introduction 7.2. Overview of the Model 7.3. Instruction for Use 7.4. Suitability Filter Questions 7.5. Suitability Assessment Chart 7.6. Summary



TRAINING DETAILS

Training Hours

70+ (PMP and Agile) hours of training will be provided which covers much more than the eligibility requirements of the PMP exam (35 PDUs).

References

The training is designed based on the PMI-PMP Examination Content Outline last version published by the PMI in Jan 2021.

Material Access

Website access will be provided so our trainees can find PMBOK Guide, Agile Practice Guide, Our full slides, Questions and more.

Training Services

Our training services are continuous during and after the training course. We will stay with you until you take your certificate. See them below.

TRAINING SERVICES

Support in submitting the exam application to PMI and get approval for the exam.

Exam simulators and revision plans will be provided until the trainee is 100% ready for success.

Access to the material in PDF format will be provided upon registration.

Customized exercises and examples based on trainees' field of work in an interactive way.

Questions will be solved in group exercises during the classes.

Social media groups are available so different trainees share their lessons learnt and experiences.

Study groups also are arranged so trainees from different courses can gather, socialize, and study.

Attendance certificates that qualifies them to apply for the PMI international exam and certificate.

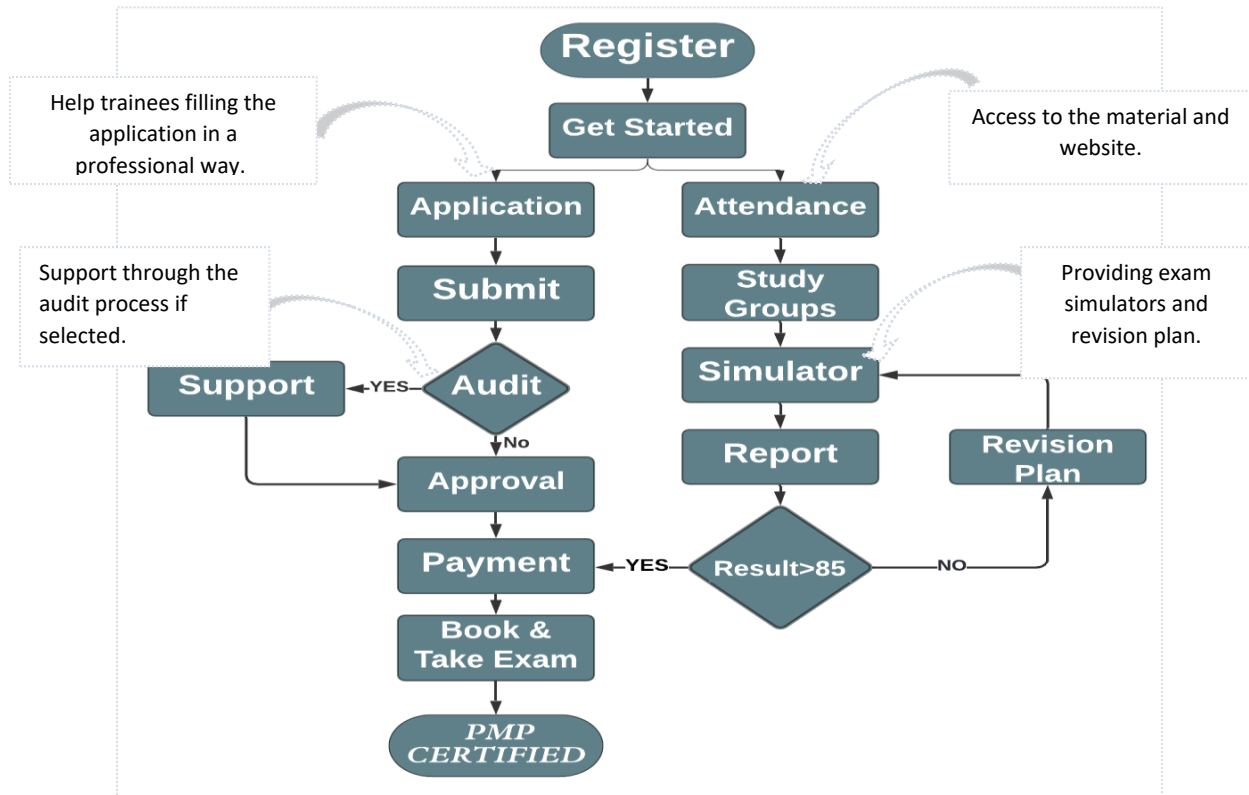
Free seat of Ms Project for one winner of each class who scores the highest mark in a kahoot quiz.

Free seat of RMP if you get the PMP international certificate within 13 days of course completion.

Recordings are available on-demand for the trainees who missed any session.



OUR POST-COURSE SUPPORT IS UNIQUE!



OUR TRAINEES ARE COMING FROM DIFFERENT ORGANIZATIONS (& more...)





ABOUT THE TRAINER



ENG. SAMAH AL-AFEEF

- Project and Risk Management Coach
- CEO of Metanoia Training and consulting
- Master Project Management Engineering
- Diploma Humanitarian and Logistics Program
- Bachelor’s Degree in computer engineering
- Certified PMP® - PMI-PMP ID: 2166784
- Certified RMP® - PMI-RMP ID: 2694681
- Agile Certified Practitioner PMI-ACP® ID:2994139
- Certified Green IT Professional ID: MA05032Z18
- Certified ISO9001® Lead Auditor ID:87142006/160369884
- Certified Microsoft Innovative Educator
- View on [LinkedIn](#)
- View on [Facebook](#)

Training Fees

Number of Trainees	Fees Per Trainee Including all soft copy materials, slides, books, and questions.	
	Online JDs	Face to Face JDs
1 to 2	348	388
3 to 4	328	368
5 to 6	308	348
6 to 7	288	328
7 to 8	268	308
9 to 10	248	288
Ten and more	228	268
Candidates may purchase the paper copy of the PMBOK guide and Agile practice guide separately or through us. It costs additional 50 JDs		
Candidates may pay for the PMI exam separately or through us. We take only 27JDs administrative fees if you want us to pay for your exam or membership. Below are the PMI fees. Reference (PMI.org).		
<ul style="list-style-type: none"> • Exam fees for members = 284\$ • Membership fees =109\$ 		
OR,		
<ul style="list-style-type: none"> • Exam Fees for non-members = 389\$ 		

Please do not hesitate to contact us in case you need any further info.

Thank You Very Much!