



PMP Certification Prep: Mastering Project Management Processes & PMI Standards

13 - 17 Jan 2026
Tokyo



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Ref.: 103600356_35953 **Date:** 13 - 17 Jan 2026 **Location:** Tokyo **Fees:** 6500 **Euro**

Course Overview:

This course is designed for professionals aiming to become certified Project Management Professionals PMP and excel in project leadership using PMI standards. It provides a full journey through the project life cycle—from initiation to closing—based on the PMBOK Guide and the latest practices in PMP exam prep. Through real-world applications and mock exam simulations, participants will gain deep knowledge of project integration, scope, time, cost, quality, risk, procurement, stakeholder, and resource management. Key terms such as PMP certification, PMP course, PMP exam prep, PMI certification, and project management course are covered thoroughly. Learners will leave the course equipped not just for the exam, but for effective and professional project delivery across any industry.

Target Audience:

- Project Managers and Coordinators
- Team Leaders and Supervisors
- Engineers transitioning into project roles
- Business Analysts
- IT and Software Project Leads
- PMO team members preparing for the PMP exam

Targeted Organizational Departments:

- Project Management Office PMO
- IT and Systems Development
- Operations and Supply Chain
- Engineering and Construction
- Finance and Strategy Units
- Risk and Compliance Teams

Targeted Industries:

- Engineering and Construction
- Information Technology
- Energy and Utilities
- Public Sector and Government
- Financial and Banking Institutions
- Healthcare and Pharmaceuticals

Course Offerings:

By the end of this course, participants will be able to:

- Apply project management concepts aligned with PMI and the PMBOK Guide
- Use tools like WBS, risk registers, and cost estimation models
- Prepare scope, schedule, and cost baselines for projects
- Perform earned value analysis and performance monitoring
- Lead project teams and manage stakeholder expectations
- Navigate professional responsibility in global project environments
- Confidently sit for and pass the PMP certification exam

Training Methodology:

This training combines instructor-led discussions, real-life case studies, collaborative workshops, and PMP exam simulations. Participants will analyze complex project scenarios, solve planning and risk problems, and apply PMI-aligned tools and templates. Interactive sessions, group feedback, and reflective debriefs ensure active learning. Each module uses PMI PMBOK terminology and practices to match what candidates will encounter in the PMP exam, making the course both practical and exam-focused.

Course Toolbox:

- Digital course workbook aligned to the PMBOK Guide
- WBS templates and risk register samples
- Schedule and budget estimation worksheets
- Glossary of PMP terms
- PMP exam simulator access with mock questions
- Study plan template
- Case-based exercises and role-play activities

Course Agenda:

Day 1: Foundations of Project Management & Initiation

- **Topic 1:** What is a Project? Concepts, Stakeholders, and Organizational Structures
- **Topic 2:** Project Management Framework and Process Groups
- **Topic 3:** Understanding PMI Standards and PMP Certification Path
- **Topic 4:** Creating the Project Charter
- **Topic 5:** Conducting Stakeholder Analysis and Engagement Strategies
- **Topic 6:** Defining Constraints, Assumptions, and Preliminary Scope Statement
- **Reflection & Review:** Initiating projects effectively using PMI standards



Day 2: Scope, Time & Cost Planning

- **Topic 1:** Developing the Project Scope Statement
- **Topic 2:** Creating the Work Breakdown Structure WBS
- **Topic 3:** Activity Definition and Sequencing
- **Topic 4:** Estimating Activity Durations and Resources
- **Topic 5:** Developing the Project Schedule using Network Diagrams
- **Topic 6:** Estimating Costs and Developing the Project Budget
- **Reflection & Review:** Linking scope, time, and cost into a cohesive project plan

Day 3: Quality, Human Resources & Risk Planning

- **Topic 1:** Planning for Quality and Identifying Quality Metrics
- **Topic 2:** Developing the Human Resource Plan and Defining Roles
- **Topic 3:** Building and Managing Project Teams
- **Topic 4:** Identifying Project Risks and Qualitative Risk Analysis
- **Topic 5:** Quantitative Risk Analysis and Risk Response Planning
- **Topic 6:** Procurement Planning and Contract Types
- **Reflection & Review:** Managing risk, teams, and quality within planning processes

Day 4: Project Execution, Communication & Stakeholder Management

- **Topic 1:** Direct and Manage Project Work
- **Topic 2:** Acquire and Develop the Project Team
- **Topic 3:** Manage Communications and Information Distribution
- **Topic 4:** Perform Quality Assurance during Execution
- **Topic 5:** Engage Stakeholders and Manage Expectations
- **Topic 6:** Professional and Social Responsibility Code of Ethics
- **Reflection & Review:** Executing projects with integrity, quality, and clear communication

Day 5: Monitoring, Controlling & Closing the Project

- **Topic 1:** Measuring and Controlling Project Performance EV, SPI, CPI
- **Topic 2:** Integrated Change Control and Scope Verification
- **Topic 3:** Controlling Costs and Schedules
- **Topic 4:** Administering Contracts and Closing Procurements
- **Topic 5:** Formal Project Closure and Lessons Learned
- **Topic 6:** PMP Exam Simulation and Test-Taking Strategies
- **Reflection & Review:** Ensuring control and successful closure of the project lifecycle

FAQ:



What specific qualifications or prerequisites are needed for participants before enrolling in the course?

Participants should ideally have 3 to 5 years of project-related experience and must have completed 35 hours of formal project management education. Basic knowledge of project concepts is helpful.

How long is each day's session, and is there a total number of hours required for the entire course?

Each session lasts 4 to 5 hours with interactive segments and breaks. The full course covers approximately 25 instructional hours over five days.

What's the difference between a scope statement and WBS in project planning?

The scope statement outlines the high-level deliverables and objectives, while the WBS breaks those deliverables into actionable, measurable work packages for cost and schedule estimation.

How This Course is Different from Other PMP Certification Prep Courses:

Unlike typical PMP prep courses that focus solely on passing the exam, this program bridges theory and practice. It provides real-world scenarios, team simulations, and project templates used by actual professionals. It incorporates PMI's knowledge areas with case-based application, stakeholder engagement strategies, and risk response planning workshops. Participants also gain a structured study plan, mock exams, and expert coaching. This results in deeper comprehension, confident test-taking, and readiness to apply PMP principles in real business contexts.



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**Environment &
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WHO WE ARE

Agile Leaders is a renowned training center with a team of experienced experts in vocational training and development. With 20 years of industry experience, we are committed to helping executives and managers replace traditional practices with more effective and agile approaches.

OUR VISION

We aspire to be the top choice training provider for organizations seeking to embrace agile business practices. As we progress towards our vision, our focus becomes increasingly customer-centric and agile.

OUR MISSION

We are dedicated to developing value-adding, customer-centric agile training courses that deliver a clear return on investment. Guided by our core agile values, we ensure our training is actionable and impactful.

WHAT DO WE OFFER

At Agile Leaders, we offer agile, bite-sized training courses that provide a real-life return on investment. Our courses focus on enhancing knowledge, improving skills, and changing attitudes. We achieve this through engaging and interactive training techniques, including Q&As, live discussions, games, and puzzles.



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Training Center

CONTACT US

 UAE, Dubai Investment Park First

 +971585964727
+447700176600

 sales@agile4training.com