

Associate Business Continuity Professional (ABCP) Exam Prep Training Course

25 – 29 October 2027
Dubai

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Ref: 103600357_35992 **Date:** 25 – 29 October 2027 **Location:** Dubai **Fees:** 4500 Euro

Course Overview:

The "Associate Business Continuity Professional ABCP Prep: BCM Strategies, BIA & Risk Plans" is an intensive 1-week corporate training program designed to equip professionals with the essential competencies to build, assess, and maintain a robust Business Continuity Management BCM framework. This ABCP certification prep course aligns with DRI International's Professional Practices and integrates best practices from ISO 22301. Through a comprehensive exploration of business continuity, disaster recovery, business impact analysis BIA, and emergency response planning, participants will develop actionable skills in crisis management, continuity planning, incident response, and strategy selection.

The course bridges theory with practice, emphasizing how to pass the ABCP exam while applying concepts in real-world environments. It highlights BCP training principles, continuity planning frameworks, hot-site and cold-site recovery, and organizational resilience design. Learners will gain a strategic understanding of risk assessment, staff recovery, and plan testing, while also working with case-based scenarios and checklists for recovery objectives and crisis communication. Participants leave with the skills to lead BCP policy writing, risk mitigation planning, recovery planning, and cost-effective business continuity strategies, along with curated free ABCP preparation resources.

Target Audience:

- Risk Managers and Business Continuity Coordinators
- IT Disaster Recovery Planners
- Crisis and Emergency Response Team Leaders
- Compliance, Governance & Risk Officers
- Operations and Facility Managers

Targeted Organizational Departments:

- Risk Management
- Information Technology
- Human Resources
- Corporate Security & Safety
- Compliance & Legal Affairs
- Business Operations

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Targeted Industries:

- Banking & Financial Services
- Oil & Gas / Energy
- Government and Public Sector
- Telecommunications
- Healthcare and Pharmaceuticals
- Manufacturing and Logistics

Course Offerings:

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

- Define the components of a Business Continuity Plan BCP and how to align them with organizational priorities
- Conduct Business Impact Analyses BIA and perform risk evaluation and control
- Develop BCM strategies to maintain business resilience during crisis scenarios
- Build, document, and test recovery plans and BCPs using ISO 22301 principles
- Understand and differentiate between RTO, RPO, hot-site, cold-site, and alternate recovery strategies
- Lead emergency response operations, team mobilization, and vendor coordination
- Create and maintain a BCM program and pass the ABCP exam with confidence

Training Methodology:

This course employs a blended methodology that ensures deep understanding and practical skill development. Training will incorporate:

- Instructor-led presentations grounded in DRII standards and ISO 22301
- Case studies of actual BCM implementation projects and failures
- Interactive workshops for developing BIAs, writing policy, and analyzing risks
- Group simulations and team-based continuity planning exercises
- Quizzes, sample ABCP exam simulations, and feedback loops
- Templates for recovery objectives, crisis communications, and vendor recovery checklists Participants will engage in peer-to-peer review sessions and role-playing activities to rehearse real-life recovery scenarios and crisis decision-making. These methods are designed to prepare learners for both certification and real-time execution.

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Course Toolbox:

- ABCP study plan and sample exam questions
- Risk evaluation checklist & templates
- Business Impact Analysis BIA worksheets
- Business Continuity Policy samples
- Crisis communication and response plan templates
- Incident response roles and team structure diagrams
- Recovery plan writing samples
- Vendor assessment criteria & continuity checklists

Course Agenda:

Day 1: Foundations of Business Continuity and Project Initiation

- **Topic 1:** Introduction to Business Continuity Management BCM and ABCP Certification
- **Topic 2:** Project Initiation and Stakeholder Alignment
- **Topic 3:** Business Continuity Governance and Policy Development
- **Topic 4:** Conducting a BCP Evaluation and Pre-Engagement Assessment
- **Topic 5:** Work Plan Design and Kick-Off Meeting Execution
- **Topic 6:** Understanding Legal and Regulatory Context in BCM Programs
- **Reflection & Review:** Aligning Project Goals with Business Continuity Strategies

Day 2: Risk Evaluation, BIA, and Resource Prioritization

- **Topic 1:** Risk Evaluation and Control Methods
- **Topic 2:** Developing and Applying Risk Assessment Tools
- **Topic 3:** Introduction to Business Impact Analysis BIA and Its Purpose
- **Topic 4:** Mapping Business Processes and Evaluating Impacts
- **Topic 5:** Setting Recovery Time Objectives RTO and Recovery Point Objectives RPO
- **Topic 6:** Converting BIA Findings into Actionable Planning Inputs
- **Reflection & Review:** Workshop on Impact Scenarios and Resource Classification

Day 3: Strategy Selection and Recovery Planning

- **Topic 1:** Selecting Recovery Strategies Based on Business Function Criticality
- **Topic 2:** Hot-Site, Cold-Site, and Mirrored-Site Recovery Models
- **Topic 3:** Staff Recovery Planning and Succession Documentation
- **Topic 4:** Ensuring Vendor Readiness and Supplier Recovery Alignment
- **Topic 5:** Drafting Recovery Timelines and Prioritization Models
- **Topic 6:** Cost-Effective Continuity Strategy Planning
- **Reflection & Review:** Group Exercise on Continuity Strategy Justification

Day 4: Plan Development and Crisis Communication

- **Topic 1:** Writing and Structuring Business Continuity Plans BCPs
- **Topic 2:** Emergency Response Procedures and EOC Setup
- **Topic 3:** Crisis Communication Strategy and Stakeholder Management
- **Topic 4:** Building and Structuring Recovery Teams
- **Topic 5:** Resource Mapping and Contact Tree Integration
- **Topic 6:** Meeting ISO 22301 Requirements in Plan Documentation
- **Reflection & Review:** Practice Session: Drafting a Sample Crisis Communication Brief

Day 5: Testing, Maintenance, and Certification Readiness

- **Topic 1:** Designing and Conducting BCP Tests
- **Topic 2:** Reporting, Review, and Post-Test Improvement Cycles
- **Topic 3:** Plan Maintenance Triggers and Update Protocols
- **Topic 4:** Training and Awareness for Continuity and Recovery Teams
- **Topic 5:** ABCP Certification Exam Overview and Practice Questions
- **Topic 6:** Navigating the 10 DRI Professional Practices for Exam Success
- **Reflection & Review:** Final Q&A and Mock Readiness Assessment

FAQ:

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

No prior certification is required. However, a foundational understanding of business operations or risk management is beneficial. This course is ideal for beginners and professionals transitioning into the field.

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

Each day's session is generally structured to last around 4-5 hours, with breaks and interactive activities included. The total course duration spans one week, approximately 20-25 hours of instruction.

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What's the difference between disaster recovery and business continuity, and why does it matter for the ABCP exam?

Disaster recovery focuses on restoring IT systems and data after a crisis. Business continuity encompasses all critical business functions, including people, facilities, and communication—not just IT. ABCP candidates must understand this distinction as it's foundational to BCM strategy development and exam success.

How This Course is Different from Other ABCP Courses:

"ABCP Prep: BCM Strategies, BIA & Risk Plans" sets itself apart by merging certification preparation with hands-on continuity strategy design. Unlike generic ABCP courses, this training integrates real business continuity planning scenarios with guided recovery planning exercises. Using structured methodologies from both ISO 22301 and DRII professional practices, participants gain exposure to field-tested templates, vendor management practices, and live plan writing simulations. It also emphasizes emerging concepts like staff recovery logistics, cost-effective resilience strategies, and emergency operations center EOC development. Participants walk away ready to lead continuity efforts within their organization and succeed in the ABCP exam with applied, not just theoretical, knowledge.