



Mastering Business Continuity in Information Technology (IT)

07 - 11 Dec 2026
Tokyo



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Ref.: 36329_79800 **Date:** 07 - 11 Dec 2026 **Location:** Tokyo **Fees:** 10000 **Euro**

Course Overview:

This advanced training program equips IT professionals with the knowledge and skills needed for business continuity, resilience, and disaster recovery in IT. It covers topics such as IT business continuity, resilience strategies, disaster recovery, IT infrastructure recovery, risk management, and data backup strategies. The course includes real-world case studies, IT continuity training, and crisis management simulations. It's designed for those seeking to ensure business continuity compliance and implement best practices in high availability IT continuity.

Target Audience:

- IT Managers and Directors
- Business Continuity Planners
- Disaster Recovery Specialists
- Risk Management Officers
- IT Infrastructure and Operations Teams
- Cybersecurity Professionals
- Senior Executives responsible for IT systems downtime recovery

Targeted Organizational Departments:

- IT and Infrastructure
- Risk Management and Compliance
- Operations and Business Continuity
- Cybersecurity and Data Protection
- Disaster Recovery and Crisis Response

Targeted Industries:

- Financial Services
- Healthcare
- Information Technology
- Manufacturing and Supply Chain
- Energy and Utilities

Course Offerings:

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

- Develop and implement a comprehensive business continuity plan BCP for IT
- Distinguish between business continuity, disaster recovery, and resilience
- Evaluate and mitigate risks using IT risk assessment and planning techniques
- Implement data backup strategies in IT and ensure IT disaster preparedness
- Plan for IT infrastructure recovery and high availability in IT continuity
- Conduct business continuity testing for IT systems to enhance preparedness
- Apply cybersecurity measures within business continuity frameworks

Training Methodology:

The course takes an interactive approach to learning, combining expert lectures with hands-on IT continuity training through case studies, role-playing, and group activities. Participants engage in crisis management simulations and scenario planning exercises, gaining real-world experience in IT disaster recovery solutions. They collaborate on IT risk assessment and disaster recovery planning scenarios, receiving feedback from peers and instructors. The program highlights the differences between business continuity and disaster recovery and emphasizes minimizing business disruptions through continuous improvement. Regular reviews and debriefings allow participants to apply the knowledge to their organizational settings.

Course Toolbox:

Participants will receive:

- Course workbook
- Data backup strategy templates
- Case studies on IT disaster recovery solutions
- IT incident response plan templates
- Custom checklists for continuity of operations IT

Course Agenda:

Day 1: Introduction to Business Continuity in IT

- **Topic 1:** Understanding Business Continuity, Business Resilience, and Disaster Recovery
- **Topic 2:** The Role of IT in Business Continuity
- **Topic 3:** Business Continuity Planning BCP in IT: Concepts and Definitions
- **Topic 4:** Business Continuity Strategy vs. Disaster Recovery Plan
- **Topic 5:** Identifying Critical IT Business Areas and Functions
- **Topic 6:** Financial, Reputational, and Regulatory Impacts of IT Disruptions
- **Reflection & Review:** Key Differences Between Business Continuity, Resilience, and Disaster Recovery



Day 2: Building a Business Continuity Plan for IT

- **Topic 1:** Steps to Develop an Effective BCP for IT Operations
- **Topic 2:** Identifying Risks, Threats, and Impacts on IT Systems
- **Topic 3:** Outlining IT Responsibilities and Chain of Command in BCP
- **Topic 4:** Documenting and Defining Alternatives for IT Communication and Operations
- **Topic 5:** Assessing Backup Needs: IT Infrastructure, Data, and Power Supply
- **Topic 6:** Legal and Regulatory Considerations in IT Business Continuity
- **Reflection & Review:** Effective Communication and Decision-making in IT BCP

Day 3: Crisis Management and IT Disaster Recovery

- **Topic 1:** IT Crisis Management: Preparing for the Unexpected
- **Topic 2:** IT Disaster Recovery Planning: Restoring IT Systems After Disruption
- **Topic 3:** Business Continuity Testing for IT Systems
- **Topic 4:** Cybersecurity in IT Business Continuity and Disaster Recovery
- **Topic 5:** Real-time Incident Response and Recovery Plans for IT
- **Topic 6:** High Availability in IT Continuity: Ensuring Operational Stability
- **Reflection & Review:** Integrating Cybersecurity with IT Disaster Recovery

Day 4: Implementing and Testing the IT Business Continuity Plan

- **Topic 1:** Implementing IT Business Continuity Plans: Real-World Scenarios
- **Topic 2:** Role-Playing and Simulations: Testing IT BCP Effectiveness
- **Topic 3:** Review and Update of IT Risk Assessments
- **Topic 4:** Role of Cloud and Virtualization in IT Business Continuity
- **Topic 5:** Evaluating IT System Downtime Recovery Techniques
- **Topic 6:** Lessons Learned from IT BCP Testing and Disaster Recovery Drills
- **Reflection & Review:** Identifying Gaps and Areas for Improvement in IT BCP

Day 5: Future-Proofing IT Business Continuity

- **Topic 1:** Emerging Trends in IT Business Continuity and Disaster Recovery
- **Topic 2:** Maintaining Compliance with IT Business Continuity Regulations
- **Topic 3:** Long-term IT Resilience Planning and Continuous Improvement
- **Topic 4:** Optimizing IT Disaster Recovery Solutions and Technologies
- **Topic 5:** IT Continuity and Operational Sustainability: Best Practices
- **Topic 6:** Developing a Culture of Preparedness and IT Resilience
- **Reflection & Review:** Course Summary and Action Plan for IT Business Continuity



How This Course is Different from Other Business Continuity Courses:

The course offers a specialized focus on the integration of IT disaster recovery solutions with business continuity frameworks to ensure a holistic approach to risk mitigation. Unlike generic courses, this program emphasizes real-world applications of IT risk management, cybersecurity in business continuity, and high availability in IT continuity, providing participants with hands-on tools and strategies tailored to the complexities of IT systems. The inclusion of business continuity compliance IT and IT resilience training programs ensures participants leave with both theoretical knowledge and practical skills.

Training Course Categories



Agile PM and Project Management Training Courses



Certified Courses By International Bodies



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Communication and Public Relations Training Courses



Data Analytics Training and Data Science Courses



Environment & Sustainability Training Courses



Finance and Accounting Training Courses



Governance, Risk and Compliance Training Courses



HR TRAINING & DEVELOPMENT

Human Resources Training and Development Courses



IT Security Training & IT Training Courses



Leadership and Management Training Courses



Legal Training, Procurement and Contracting Courses



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Training Course Categories



Marketing, Customer Relations, and Sales Courses



Occupational Health, Safety and Security Training Courses



Personal & Self-Development Training Courses



Quality and Operations Management Training Courses



Secretarial and Administration Training Courses



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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.



AGILE LEADERS
Training Center

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