

Project Management Foundations

A Course for Modern Teams — five sessions, awareness level.

The opportunity

Project Management Foundations is built for project management in the Age of Information and AI — with a strong focus on the analytical and leadership skills modern project work demands. Project and environmental complexity keeps rising; this course gives professionals the vocabulary, the analytical grounding, and the confidence to lead.

It is built for people who lead, support, or sponsor projects and want formal grounding in the discipline. Aligned to the PMBOK® Guide — Eighth Edition (2025) and the PMI Talent Triangle® and using current PMI terminology throughout, it is not an examination-preparation course; its purpose is practical fluency you can use right away. Instruction is applied, not theoretical: a single realistic project runs through all five sessions, so every concept is exercised immediately against work the class already knows, and the course closes with a Personal Action Plan — written commitments for putting the discipline to work the very next week.

What participants can gain

- 01 Recognize what project management is, why it matters, and what sets a project apart from ordinary operations.
- 02 Work with the focus areas and performance domains of modern project management, and tailor an approach to fit the work.
- 03 Use the essential project artifacts — charters, plans, registers, logs, and reports — and follow the lifecycle each one takes.
- 04 Build schedules, budgets, and project teams, and balance the three as they constrain one another.
- 05 Apply business acumen as a PM competency, use project management information systems (PMIS), and put AI to work within its real strengths and limits.
- 06 Bring the pieces together across a full project — diagnosing one at a critical juncture and building the plan to carry it home.

The five sessions

SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5
What Is Project Management & Why It Matters	Focus Areas, Performance Domains & Tailoring	Project Artifacts	Building the Plan: Schedule, Budget & Team	Putting It All Together

The essentials

Format Five instructor-led sessions — 20 classroom hours plus 15 hours of guided homework. Each session is followed by an applied assignment of about three hours, on fillable worksheets grounded in the running scenario.	Who it's for Open to all — no prior experience required. New and aspiring project coordinators, team leads, analysts, administrators, and managers in any sector, whether public, private, or nonprofit.	What you leave with An expanded PM vocabulary and foundational knowledge of the focus areas, performance domains, and project artifacts — and the readiness to keep building your PM practice and learning.
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Bring Project Management Foundations to your team

Contact us to discuss the course and the full session-by-session syllabus.

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