Agile Planning & Estimation Techniques Training Course

Professional Development Training Course Outline

Category	Project Management	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Agile planning and estimation are critical skills for project teams seeking to deliver value efficiently, adapt to changing requirements, and ensure timely product delivery. Agile Planning & Estimation Techniques Training Course equips participants with advanced techniques to plan sprints, estimate effort accurately, and optimize resource allocation in Agile environments. Participants will learn how to leverage story points, velocity tracking, planning poker, and backlog refinement to create realistic plans while maintaining flexibility for evolving business priorities. Emphasis is placed on practical tools, hands-on exercises, and proven estimation frameworks that enhance team collaboration and project predictability.

The course also explores risk management, prioritization strategies, and metrics for tracking progress across iterative cycles. Participants gain insights into integrating Agile planning with real-world project workflows, aligning stakeholder expectations, and promoting transparency and accountability. By the end of the course, learners will be able to plan and estimate projects effectively, reduce delivery uncertainty, and drive continuous improvement, ensuring maximum value delivery in complex project environments.

Programme Curriculum

Agile Planning & Estimation Techniques Training Course

Introduction

Agile planning and estimation are critical skills for project teams seeking to deliver value efficiently, adapt to changing requirements, and ensure timely product delivery. Agile Planning & Estimation Techniques Training Course equips participants with advanced techniques to plan sprints, estimate effort accurately, and optimize resource allocation in Agile environments. Participants will learn how to leverage story points, velocity tracking, planning poker, and backlog refinement to create realistic plans while maintaining flexibility for evolving business priorities. Emphasis is placed on practical tools, hands-on exercises, and proven estimation

frameworks that enhance team collaboration and project predictability.

The course also explores risk management, prioritization strategies, and metrics for tracking progress across iterative cycles. Participants gain insights into integrating Agile planning with real-world project workflows, aligning stakeholder expectations, and promoting transparency and accountability. By the end of the course, learners will be able to plan and estimate projects effectively, reduce delivery uncertainty, and drive continuous improvement, ensuring maximum value delivery in complex project environments.

Course Objectives

1. Understand Agile principles and their impact on planning and estimation.
2. Apply Scrum, Kanban, and hybrid frameworks for project planning.
3. Use story points, ideal days, and other techniques for accurate effort estimation.
4. Conduct backlog grooming and refinement sessions effectively.
5. Implement planning poker and other consensus-based estimation methods.
6. Track team velocity and forecast sprint outcomes.
7. Prioritize product backlog items using value-driven methods.
8. Manage uncertainty and risk in Agile project estimation.
9. Align stakeholders and teams through collaborative planning sessions.
10. Integrate Agile estimation with project tracking tools.
11. Use metrics to monitor progress and identify process improvements.
12. Facilitate cross-functional team communication during planning activities.
13. Develop actionable plans that optimize delivery and resource allocation.

Organizational Benefits

- Improved project predictability and reduced delivery delays
- Enhanced collaboration between teams and stakeholders
- Optimized resource allocation and utilization
- Increased transparency in project planning and estimation
- Better alignment of project outcomes with business priorities
- Reduced risk through iterative planning and early feedback
- Improved team confidence and accountability in delivery
- Faster adaptation to changing requirements
- Enhanced decision-making using data-driven metrics
- Continuous improvement of project management processes

Target Audiences

- Project managers and Scrum Masters
- Product owners and business analysts
- Agile coaches and consultants
- Project team members in Agile environments
- Software developers and QA professionals
- Portfolio and program managers
- IT managers and delivery leads

- Trainers and educators in Agile methodologies

Course Duration: 5 days

Course Modules

Module 1: Fundamentals of Agile Planning

- Introduction to Agile principles and frameworks
- Differences between traditional and Agile planning
- Iterative vs. incremental delivery approaches
- Key planning concepts: sprints, releases, and iterations
- Aligning planning with organizational objectives
- Case Study: Implementing Agile planning in a software project

Module 2: Estimation Techniques in Agile

- Story points, ideal days, and T-shirt sizing
- Relative estimation vs. absolute estimation
- Planning poker and consensus-based estimation
- Estimating epics, features, and user stories
- Handling uncertainty and estimation bias
- Case Study: Applying story point estimation in a cross-functional team

Module 3: Backlog Management & Grooming

- Creating and prioritizing product backlogs
- Conducting backlog refinement sessions
- Breaking down epics into manageable user stories
- Defining acceptance criteria for accurate estimation
- Tools for backlog management and tracking
- Case Study: Backlog grooming for a mid-sized Agile project

Module 4: Sprint Planning & Forecasting

- Aligning sprint goals with product roadmap
- Capacity planning and resource allocation
- Forecasting sprint delivery based on velocity
- Handling dependencies and team constraints
- Iteration planning techniques and checklists
- Case Study: Sprint planning in a distributed Agile team

Module 5: Agile Metrics & Tracking Progress

- Tracking velocity, burn-down, and burn-up charts
- Measuring sprint predictability and team performance
- Using metrics to improve future planning accuracy
- Identifying bottlenecks and process inefficiencies
- Continuous improvement through metrics analysis
- Case Study: Using velocity metrics to optimize sprint delivery

Module 6: Risk Management & Uncertainty in Estimation

- Identifying risks during estimation and planning
- Mitigating estimation errors and scope creep
- Handling changing requirements mid-sprint
- Adjusting forecasts based on historical data
- Risk-based prioritization and contingency planning
- Case Study: Managing uncertainty in a complex Agile project

Module 7: Stakeholder Engagement & Collaborative Planning

- Facilitating planning meetings with stakeholders
- Communicating estimates and setting expectations
- Collaborative decision-making techniques
- Ensuring stakeholder alignment with Agile plans
- Balancing business value and technical feasibility
- Case Study: Cross-functional stakeholder planning session

Module 8: Scaling Agile Planning & Best Practices

- Scaling Agile planning in large organizations
- Integrating multiple teams and programs
- Tools and platforms for enterprise-level planning
- Best practices for consistent estimation across teams
- Continuous learning and process improvement in Agile planning
- Case Study: Scaling Agile estimation in a multi-team program

Training Methodology

- Instructor-led presentations and conceptual briefings
- Hands-on exercises with planning and estimation tools
- Group workshops and simulation of Agile sprints

- Case study discussions and practical problem-solving
- Collaborative backlog grooming and sprint planning sessions
- Continuous assessment and feedback sessions

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.
f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com