Agile Project Management® Foundation Training Course

Professional Development Training Course Outline

Category	Project Management	**Duration**	10 Days
Base Fee	$3,000 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Agile Project Management® Foundation Training Course provides a comprehensive grounding in agile principles, frameworks, and practices used to manage projects in fast-changing, complex, and customer-driven environments. The course introduces agile values, adaptive planning, iterative delivery, stakeholder collaboration, and continuous improvement while aligning agile delivery with organizational governance and business objectives. Participants gain a clear understanding of how agile project management improves responsiveness, reduces risk, enhances value delivery, and supports innovation across industries.

This training emphasizes practical application of agile project management concepts through real-world scenarios, structured frameworks, and performance-focused tools. Learners explore agile roles, ceremonies, backlogs, estimation techniques, risk control, and quality management while understanding how agile differs from traditional project management approaches. The course equips participants with the foundational competence required to support agile teams, contribute effectively to agile projects, and prepare for Agile Project Management® Foundation-level certification or agile adoption initiatives.

Programme Curriculum

Agile Project Management® Foundation Training Course

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Course Objectives

1. Understand core agile principles and values underpinning modern project management.
2. Explain the agile project lifecycle and iterative delivery approach.
3. Apply adaptive planning techniques for changing project requirements.
4. Identify agile roles, responsibilities, and team structures.
5. Use agile tools for scope, time, cost, and quality management.
6. Implement effective stakeholder engagement and collaboration practices.
7. Apply risk management techniques in agile environments.
8. Manage project governance within agile frameworks.
9. Utilize estimation and prioritization techniques for agile delivery.
10. Monitor performance using agile metrics and reporting tools.
11. Support continuous improvement through retrospectives and feedback loops.
12. Align agile project outcomes with organizational strategy and value creation.
13. Prepare for Agile Project Management® Foundation certification assessments.

Organizational Benefits

- Improved project delivery speed and flexibility
- Enhanced responsiveness to changing business requirements
- Increased stakeholder engagement and satisfaction
- Reduced project risk through incremental delivery
- Improved visibility and transparency of project progress
- Stronger collaboration across cross-functional teams
- Higher quality outcomes through continuous feedback
- Better alignment between projects and strategic objectives
- Increased project success rates in dynamic environments
- Strengthened organizational agility and innovation capacity

Target Audiences

- Project managers and aspiring project leaders
- Agile team members and coordinators
- Business analysts and product owners
- PMO professionals and project support staff
- IT and digital transformation professionals
- Operations and process improvement managers
- Consultants involved in project delivery
- Professionals preparing for agile certification

Course Duration: 10 days

Course Modules

Module 1: Introduction to Agile Project Management

- Overview of agile project management concepts
- Evolution from traditional to agile approaches
- Benefits of agile in modern organizations
- Agile versus predictive project management
- Key drivers for agile adoption
- Case Study: Transition from waterfall to agile delivery

Module 2: Agile Values and Principles

- Agile Manifesto values and principles
- Customer-centric value delivery
- Embracing change and adaptability
- Empowered teams and collaboration
- Continuous improvement mindset
- Case Study: Applying agile principles to a complex project

Module 3: Agile Project Lifecycle

- Phases of the agile project lifecycle
- Iterative and incremental delivery models
- Managing uncertainty across iterations
- Lifecycle governance considerations
- Measuring progress in agile projects
- Case Study: Lifecycle management in an agile product rollout

Module 4: Agile Roles and Responsibilities

- Project manager role in agile environments
- Product owner responsibilities
- Agile team structures and dynamics
- Stakeholder involvement and accountability
- Leadership in self-organizing teams
- Case Study: Role clarity challenges in agile teams

Module 5: Agile Planning and Estimation

- Adaptive planning techniques
- Creating and refining product backlogs
- Estimation methods such as story points
- Prioritization based on business value
- Release and iteration planning
- Case Study: Backlog prioritization under changing demands

Module 6: Managing Scope in Agile Projects

- Defining scope through user stories
- Managing changing requirements
- Balancing scope, time, and cost
- Avoiding scope creep in agile projects
- Value-driven scope decisions
- Case Study: Scope trade-offs in an agile project

Module 7: Time and Cost Management

- Timeboxing and sprint scheduling
- Managing budgets in agile projects
- Tracking velocity and burn-down charts
- Forecasting delivery timelines
- Financial governance in agile environments
- Case Study: Budget control in an iterative delivery model

Module 8: Quality Management in Agile

- Built-in quality principles
- Definition of done and acceptance criteria
- Continuous testing and validation
- Managing technical debt
- Quality assurance in agile delivery
- Case Study: Quality improvement through continuous testing

Module 9: Risk Management in Agile Projects

- Identifying risks in adaptive environments
- Risk prioritization and mitigation strategies
- Using iterations to reduce uncertainty
- Stakeholder risk communication
- Integrating risk reviews into agile cycles
- Case Study: Managing high-risk features incrementally

Module 10: Stakeholder Engagement and Communication

- Agile communication practices
- Managing expectations through transparency
- Facilitating collaboration and feedback
- Conducting effective reviews and demos
- Resolving stakeholder conflicts
- Case Study: Stakeholder alignment in agile delivery

Module 11: Agile Governance and Control

- Governance structures for agile projects
- Compliance and documentation requirements
- Decision-making frameworks
- Aligning agile delivery with organizational controls
- Reporting and oversight mechanisms
- Case Study: Governance challenges in enterprise agile adoption

Module 12: Performance Measurement and Metrics

- Key agile performance indicators
- Using burn-down and burn-up charts
- Measuring value delivery and outcomes
- Continuous performance monitoring
- Interpreting metrics for decision-making
- Case Study: Using metrics to improve team performance

Module 13: Continuous Improvement and Retrospectives

- Purpose of retrospectives
- Facilitation techniques for improvement sessions
- Turning feedback into action items
- Monitoring improvement initiatives
- Building a learning culture
- Case Study: Retrospective-driven performance improvements

Module 14: Agile Scaling and Integration

- Scaling agile across multiple teams
- Coordination in large projects
- Integrating agile with existing processes

- Managing dependencies and interfaces
- Organizational readiness for scaling
- Case Study: Scaling agile in a large organization

Module 15: Certification Preparation and Practical Application

- Review of Agile Project Management® Foundation concepts
- Practice questions and scenario analysis
- Exam techniques and preparation strategies
- Applying learning to real projects
- Personal action planning
- Case Study: Applying foundation knowledge to a live project

Training Methodology

- Instructor-led presentations and facilitated discussions
- Practical group exercises and simulations
- Real-world case study analysis
- Agile tools and framework demonstrations
- Collaborative workshops and peer learning
- Knowledge checks and guided revision 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	04 Dec 2026	Online	$2,000
23 Nov 2026	04 Dec 2026	Physical	$3,000
23 Nov 2026	04 Dec 2026	Physical	$6,000
23 Nov 2026	04 Dec 2026	Physical	$6,000
23 Nov 2026	04 Dec 2026	Physical	$12,000
23 Nov 2026	04 Dec 2026	Physical	$9,000
23 Nov 2026	04 Dec 2026	Physical	$12,000
23 Nov 2026	04 Dec 2026	Physical	$12,000

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