

PMP® : Project Management Professional

Date and duration
Training code : ATPPMPB-EN Duration : 5 days Nombre d'heures : 35 heures
Training with certification
PMP® : Project Management Professional
Body
<p>The PMP (Project Management Professional) is a prestigious certification that attests to the skills and experience of a project manager, program manager, or project leader. Issued by the Project Management Institute (PMI), it was created on the basis of the PMBOK (Project Management Body of Knowledge), a reference guide of best practices in project management. Highly sought after by companies, the PMP certification demonstrates a high level of professionalism and mastery of the tools and techniques required to successfully manage complex projects. This intensive 5-day training, rigorously aligned with the 7th edition of the PMBOK® Guide, is designed to optimally prepare you for the PMP certification exam. It covers all the key aspects of project management, following a logical and structured progression.</p> <p>The program is structured as follows: the first day is dedicated to the project environment, the role of the project manager, and an introduction to the certification and the PMBOK®. The second day focuses on initiation and planning (scope, WBS, costs, scheduling) with practical exercises. The third day covers execution, monitoring, and control (tracking techniques, change management). The fourth day is devoted to closure and interpersonal skills (leadership, communication, conflict management). Finally, the last day prepares you for the PMP® exam with reviews, exercises, and expert advice.</p>

<p>As a Premium Authorized Training Partner (ATP) accredited by PMI® under number 4351, Oo2 offers certification programs that comply with the institute's rigorous quality standards.</p>
Objectifs
<p>By completing this PMP training, you will achieve the competency objectives defined by PMI in its Exam Content Outline (ECO):</p> <p><i>Domain: People (Leadership and Team Management)</i></p> <ul style="list-style-type: none">• Effectively manage conflicts within a project team.

- Lead and motivate a project team.
- Support team performance.
- Empower team members and stakeholders.
- Ensure appropriate training for team members and stakeholders.
- Build a high-performing team.
- Identify and remove team obstacles and blockers.
- Negotiate project agreements.
- Collaborate effectively with stakeholders.
- Develop a shared understanding of project objectives, issues, and constraints.
- Manage virtual teams effectively.
- Define ground rules for the team to establish a clear framework, encourage communication and collaboration, and prevent conflicts.
- Act as a mentor for relevant stakeholders.
- Promote team performance through emotional intelligence.

Domain: Process (Project Management)

- Execute the project with the urgency required to deliver business value.
- Manage communications effectively.
- Assess and manage risks.
- Actively engage stakeholders throughout the project life cycle.
- Plan and manage budget and resources.
- Plan and manage the schedule.
- Plan and manage the quality of products and deliverables.
- Plan and manage project scope.
- Integrate project planning activities.
- Manage project changes.
- Plan and manage procurements.
- Manage project artifacts.
- Determine appropriate project methodologies, methods, and practices.
- Establish the project governance structure.
- Manage project issues.
- Ensure knowledge transfer to maintain project continuity.
- Plan and manage project or phase closure and transitions.

Domain: Business Environment (Strategy and Context)

- Plan and manage project compliance with applicable regulations, standards, and policies.
- Evaluate and deliver benefits and value through the project.
- Assess and address changes in the external business environment to determine their impact on scope.
- Support organizational change.

Oo2 Formations Advantage

- Prepare effectively for the PMP® certification exam from PMI®, based on the PMBOK® Guide.

Points forts

All-Inclusive PMP® Training including:

- The official LOCHOICE course material from PMI®, with quizzes, videos, and more.
- The PMBOK® Guide – 7th Edition from PMI®, in French.
- Access to the X-AM exam simulator.
- A one-year PMI® membership.

- Registration for the PMP® exam.
- Exclusive benefits.

Certification

This training prepares you for the Project Management Professional® (PMP) certification exam. Once the training is completed, the exam will be available directly through your PMI account, allowing you to schedule it online.

PMP® Exam Details (2025)

To sit for the exam, you must first submit an online eligibility application on the PMI website (www.pmi.org) and obtain their approval. This process ensures that you meet the required experience and training criteria.

- **Format:** Multiple-choice exam with 180 questions, divided into 3 blocks of 60 questions.
- **Duration:** 3 hours 50 minutes.
- **Location:** Online or at an official test center.
- **Open book:** Yes, but only with the course materials provided during the training.
- **Languages available:** English, Arabic, Portuguese (Brazil), Chinese, French, German, Hebrew, Indonesian, Italian, Japanese, Korean, Polish, Russian, Spanish, and Turkish.
- **Passing score:** Estimated at around 65% (PMI does not provide an exact score; results are based on psychometric analysis).

After completing the exam, if you pass, PMI will send you an official email confirmation of your **PMP® certification, which is valid for 3 years**. You will then receive your official certificate.



Note: This training program allows you to earn 35 PDUs (Professional Development Units). [Learn more.](#)

Modalités d'évaluation

Quiz / QCM
Practical Work
Mock exam

Pré-requis

Prerequisites for the PMP Training

- Some experience in project management (even informal).
- Basic knowledge of project management.

Prerequisites for Taking the PMP Exam (as defined by PMI®)

- **Professional experience in project management:**
 - With a university degree (Bachelor's or equivalent, i.e. Bac +4): at least 36 months of project management experience, including a minimum of 36 months in a leadership role.
 - Without a university degree (High School diploma or equivalent, i.e. Bac): at least 60 months of project management experience, including a minimum of 36 months in a leadership role.

Important: project management experience must be accumulated in a non-overlapping manner. In other words, periods during which you worked simultaneously on multiple projects are only counted once.

Public

This training is intended for the following audiences:

- **Experienced project managers** who wish to formalize their skills, acquire new knowledge, and obtain a globally recognized certification to advance their careers.
- **Program managers or project directors** who oversee multiple projects or complex programs and want to optimize their approach and leadership.
- **Project team members** who want to deepen their understanding of project management processes, improve collaboration, and potentially move into project manager roles.
- **Project management consultants** who wish to strengthen their credibility and expertise by obtaining an industry-recognized certification.
- **Professionals in career transition** from other fields who want to reorient themselves toward project management and acquire the necessary skills and certification.

Programme

Day 1: Understanding the Business Environment of a Project

1. Foundations

- Understand the fundamental concepts of project management.
- Understand the principles of project management.
- Cultivate an agile mindset.
- Adapt hybrid approaches, processes, and practices in project management.

2. Strategic Alignment

- Define strategic alignment and business purpose.
- Follow guidelines to ensure business decisions are effective.
- Examine the organization's influence on projects.

3. Project Benefits and Value

- Evaluate and generate benefits and value with the project.
- Execute the project with the urgency required to deliver business value.

4. Organizational Culture and Change Management

- Support organizational change.
- Assess the impact of organizational change on the project and determine required actions.

5. Project Governance

- Establish the project governance structure.
- Determine the appropriate governance for a project (e.g., replicating organizational governance).
- Define escalation paths and thresholds.
- Confirm project compliance requirements (e.g., safety, health and security, regulatory compliance).

6. Project Compliance

- Define categories of compliance.
- Analyze the consequences of non-compliance.
- Plan and manage project compliance.

Day 2: Project Initiation and Planning (Part 1)

Initiation

1. Stakeholder Identification and Communication

- Collaborate with stakeholders.
- Assess stakeholder engagement needs.
- Analyze stakeholders (e.g., power/interest matrix, influence, impact).
- Classify stakeholders by category.
- Engage stakeholders.
- Manage communications.

2. Team Formation

- Empower team members and stakeholders.
- Organize around team strengths.
- Ensure knowledge transfer to maintain project continuity.
- Engage and support virtual teams.
- Define a clear vision and mission.

3. Establishing a Shared Understanding

- Lead a team.
- Negotiate project agreements.
- Develop a common understanding.
- Define team ground rules.
- Decide on the project approach and methodology.
- Determine the appropriate methodologies, methods, and practices for the project.

Planning

1. Project Planning

- Differentiate planning approaches (predictive vs. adaptive).

2. Project Scope and Product Content

- Execute the project with the urgency required to deliver business value.
- Plan and manage project scope.

Day 3: Project Planning (Part 2)

1. Schedule

- Plan and manage the project schedule.

2. Resources

- Build a team.

- Plan and manage procurements (resources).

3. Budget

- Plan and manage budget and resources.

4. Risks

- Assess and manage risks.
- Plan and manage project compliance.

5. Quality

- Plan and manage the quality of products and deliverables.
- Plan and manage project compliance.

6. Plan Integration

- Integrate project planning activities.
- Evaluate consolidated project plans.

Day 4: Team Leadership

1. Developing Leadership Skills

- Lead a team.
- Engage and support virtual teams.

2. Creating a Collaborative Team Environment

- Manage project artifacts.

3. Team Automation

- Lead a team.
- Empower team members and stakeholders.

4. Team Member Performance

- Support team performance.
- Promote team performance by applying emotional intelligence.

5. Communication and Collaboration with Stakeholders

- Manage communications.
- Lead a team.
- Engage stakeholders.
- Collaborate with stakeholders.
- Evaluate and generate benefits and value with the project.

6. Training for Team Members and Stakeholders

- Build a team.
- Ensure team members and stakeholders receive adequate training.
- Act as a mentor for relevant stakeholders.

7. Conflict Management

- Manage conflicts.
- Define team ground rules.
- Develop a common understanding.

Day 5: Supporting Team Performance, Project Closure, and Exam Preparation

1. Supporting Project Team Performance

- Implement continuous improvement.
- Support performance.
- Evaluate project progress.
- Manage issues and impediments.
- Manage project changes.

2. Project or Phase Closure

- Close the project or phase.
- Realize benefits.
- Transfer knowledge.

3. PMP® Exam Review

- Presentation of the PMP exam format (types of questions: situational, formula-based, etc.).
- Review of key points from the PMBOK® Guide 7th Edition and performance domains.
- Practice exams and simulations with corrections and explanation of answers.
- Tips and strategies for exam success (time management, question reading techniques, stress management).

PMP®, PMBOK® and PMI® are registered trademarks of the Project Management Institute, Inc