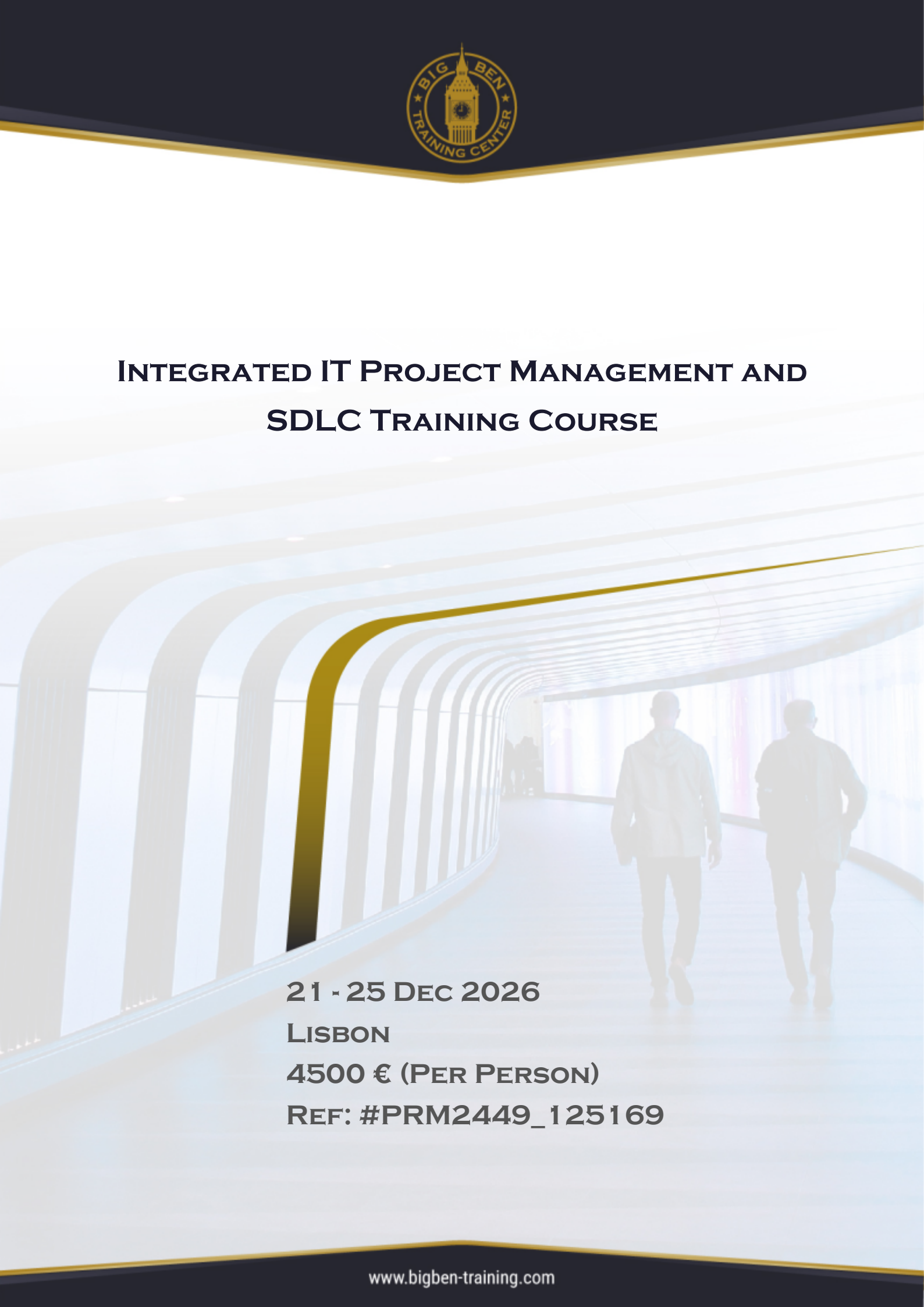
Integrated IT Project Management and SDLC Training Course



21 - 25 Dec 2026

Lisbon

4500 € (Per Person)

Ref: #PRM2449_125169

Course Introduction / Overview:

This comprehensive training course provides a deep, integrated understanding of IT Project Management principles and the Software Development Lifecycle (SDLC). In today's technology-driven landscape, the successful delivery of software projects hinges on the seamless fusion of robust project management practices with a clear understanding of the development process. This course bridges that gap, offering a holistic view from project inception to final deployment and maintenance. We will explore foundational concepts as discussed by thought leaders like Frederick Brooks in his seminal work, "The Mythical Man-Month," examining the inherent complexities of software projects. Participants will learn to navigate the challenges of scope definition, resource allocation, risk management, and stakeholder communication within the specific context of the SDLC. At BIG BEN Training Center, we have designed this program to equip professionals with the practical skills and strategic knowledge needed to lead IT projects effectively, ensuring they are delivered on time, within budget, and to the required quality standards, whether using traditional or agile methodologies.

Target Audience / This training course is suitable for:

- IT Project Managers.
- Aspiring Project Managers.
- Software Development Managers.
- Team Leads and Technical Leads.
- Business Analysts.
- System Analysts.
- Software Developers and Engineers.
- Quality Assurance (QA) Engineers and Testers.
- Product Managers and Product Owners.
- IT Managers and Directors.
- Project Management Office (PMO) staff.

Target Sectors and Industries:

- Information Technology and Software Services.
- Financial Services and Banking Technology (FinTech).
- Healthcare and HealthTech.
- Telecommunications.
- E-commerce and Retail.
- Government and Public Sector Agencies.
- Consulting Services.
- Manufacturing and Engineering.
- Media and Entertainment.

Target Organizations Departments:

- Information Technology (IT) Department.
- Software Development and Engineering.
- Project Management Office (PMO).
- Product Management and Development.
- Quality Assurance and Testing.
- Research and Development (R&D).
- Business Analysis.
- Operations Department.

Course Offerings:

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

- Master the core principles and knowledge areas of IT project management.
- Differentiate and select appropriate SDLC models like Waterfall, Agile, Scrum, and Spiral for various projects.
- Develop comprehensive project plans, including scope, schedule, budget, and quality baselines.
- Conduct effective requirements gathering, analysis, and management.
- Implement robust risk identification, assessment, and mitigation strategies.
- Lead and manage project teams, fostering effective communication and collaboration.
- Apply quality assurance and control techniques throughout the software development process.
- Manage project execution, monitoring progress, and implementing change control procedures.
- Successfully close and deploy IT projects, including post-implementation review and support.
- Understand emerging trends like DevOps and Continuous Integration/Continuous Deployment (CI/CD).

Course Methodology:

The training methodology at BIG BEN Training Center is designed to be highly interactive, engaging, and practical, ensuring that participants can immediately apply their learning in a professional context. We move beyond theoretical lectures to create an immersive, experiential learning environment. The course heavily utilizes real-world case studies, allowing participants to analyze complex IT project scenarios and develop strategic solutions. A significant portion of the training is dedicated to hands-on exercises, simulations, and group workshops where attendees will practice creating project charters, work breakdown structures, and risk registers. Collaborative group discussions are facilitated to encourage peer-to-peer learning and the sharing of diverse industry experiences. Our expert instructors provide continuous feedback and guidance, fostering a supportive atmosphere for skill development. This blended approach of expert instruction, practical application, and collaborative problem-solving ensures a comprehensive mastery of IT project management and the SDLC, equipping participants with both the knowledge and the confidence to lead successful projects.

Course Agenda (Course Units):

Unit One: Foundations of IT Project Management

- Introduction to IT Project Management.
- The Role of the IT Project Manager.
- Project Management Knowledge Areas and Process Groups.
- Understanding the Project Lifecycle vs. Product Lifecycle.
- Key Concepts of the Software Development Lifecycle (SDLC).
- The Relationship Between Project Management and SDLC.
- Stakeholder Identification and Analysis in IT Projects.
- Introduction to Project Management Frameworks.

Unit Two: Project Initiation and Planning

- Defining Project Goals and Objectives.
- Developing the Project Charter.
- Effective Requirements Gathering and Elicitation Techniques.
- Creating the Work Breakdown Structure (WBS) for Software Projects.
- Project Scheduling and Time Estimation Techniques (PERT, CPM).
- Cost Estimation and Budgeting for IT Projects.
- Developing the Comprehensive Project Management Plan.
- Resource Planning and Team Formation.

Unit Three: Exploring SDLC Models

- The Traditional Waterfall Model and its Phases.
- The V-Model (Verification and Validation Model).
- The Incremental and Spiral Models.
- Introduction to Agile Principles and the Agile Manifesto.
- The Scrum Framework: Roles, Events, and Artifacts.
- Kanban for Continuous Delivery and Workflow Visualization.
- Comparing and Contrasting Different SDLC Methodologies.
- Selecting the Right SDLC Model for Your Project.

Unit Four: Project Execution, Monitoring, and Control

- Executing the Project Plan and Managing the Project Team.
- Quality Management and Assurance in Software Development.
- Implementing Quality Control and Testing Strategies.
- Integrated Change Control Processes.
- Risk Management: Identification, Analysis, and Response Planning.
- Monitoring and Controlling Project Work.
- Performance Reporting and Stakeholder Communication.
- Managing Project Scope and Preventing Scope Creep.

Unit Five: Project Closure, Deployment, and Modern Trends

- User Acceptance Testing (UAT) and Final Sign-off.
- Project Deployment Strategies and Release Management.
- Conducting a Post-Implementation Review.
- Project Closure Procedures and Administrative Closeout.
- Lessons Learned and Knowledge Management.
- Introduction to DevOps Principles and Culture.
- Understanding Continuous Integration and Continuous Deployment (CI/CD).
- The Future of IT Project Management and SDLC.

FAQ:

Qualifications required for registering to this course?

There are no requirements.

How long is each daily session, and what is the total number of training hours for the course?

This training course spans five days, with daily sessions ranging between 4 to 5 hours, including breaks and interactive activities, bringing the total duration to 20 - 25 training hours.

Something to think about:

In an era of rapid technological change, how can project managers balance the structured discipline of traditional SDLC models with the flexibility required for innovation and market responsiveness?

What unique qualities does this course offer compared to other courses?

This course distinguishes itself by offering a deeply integrated curriculum that treats IT project management and the Software Development Lifecycle (SDLC) not as separate disciplines, but as two sides of the same coin. Unlike programs that focus narrowly on either project management theory or specific development methodologies, this course meticulously weaves them together. We emphasize the "why" behind the "how," ensuring participants understand the strategic implications of choosing a particular SDLC model and how to tailor project management processes accordingly. The content is built around practical, real-world scenarios drawn from diverse industries, moving beyond textbook examples to tackle the complex, nuanced challenges managers face daily. Our focus is on developing strategic thinking and adaptive leadership skills rather than mere proficiency with a particular software tool. Participants will leave with a holistic perspective, capable of leading diverse software projects by fluently speaking the languages of both management and technical development teams, thereby bridging a common and critical gap in the technology sector.