PMP® Exam Preparation: Mastering the PMBOK® Guide Training Course

09 - 13 Nov 2026

Milan

5900 € (Per Person)

Ref: #PRM9970_9365

Course Introduction / Overview:

The Project Management Professional (PMP) certification, globally recognized by the Project Management Institute (PMI), is a gold standard for project managers. This training course is specifically designed to prepare professionals to confidently pass the PMP exam on their first attempt. The curriculum is a comprehensive deep dive into the Project Management Body of Knowledge (PMBOK® Guide), covering the five process groups, ten knowledge areas, and the professional and social responsibilities of a project manager. We will explore both predictive (waterfall) and agile approaches to project management, as the PMP exam now covers a hybrid methodology. The course is deeply informed by the work of Dr. David I. Cleland, a pioneer in project management who emphasized the strategic role of projects in organizational success in his book "Project Management: Strategic Design and Implementation". By integrating Dr. Cleland's strategic insights with an intensive review of the PMBOK® Guide, BIG BEN Training Center provides a rigorous and results-oriented program. Participants will gain the knowledge, confidence, and test-taking strategies needed to achieve this prestigious certification, advancing their careers and validating their expertise in the field.

Target Audience / This training course is suitable for:

- Project managers preparing for the PMP® exam.
- Experienced project coordinators and team leaders.
- Professionals seeking to formalize their project management knowledge.
- Managers and directors overseeing project-based work.
- Business analysts and quality assurance professionals.
- Anyone with professional experience in project management.

Target Sectors and Industries:

- Information Technology (IT) and Software Development.
- Construction and Engineering.
- Healthcare and Life Sciences.
- Financial Services.
- Manufacturing.
- Government agencies and equivalents.
- All sectors that rely on structured project management.

Target Organizations Departments:

- Project Management Office (PMO).
- Information Technology (IT).
- Research and Development (R&D).
- Engineering.
- Operations.
- Strategic Planning.

Course Offerings:

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

- Comprehend the PMBOK® Guide processes, tools, and techniques.
- Master the five process groups: Initiating, Planning, Executing, Monitoring and Controlling, and Closing.
- Understand the ten knowledge areas of project management.
- Apply agile and hybrid methodologies to real-world scenarios.
- Analyze and answer PMP® exam-style questions effectively.
- Develop a personalized study plan and test-taking strategy.
- Meet the 35 hours of project management education required to apply for the PMP® exam.

Course Methodology:

This training course is delivered through an intensive and highly focused methodology designed for exam success. The program is built on a blend of expert-led lectures, interactive question-and-answer sessions, and simulated practice exams. Participants will engage in dynamic workshops and group discussions to reinforce key concepts from the PMBOK® Guide. The curriculum emphasizes active learning, with participants working through case studies and situational questions typical of the PMP® exam. The instructor will provide expert guidance on how to interpret and respond to complex questions, as well as share proven test-taking strategies. This immersive approach ensures that participants not only absorb the vast body of knowledge but also develop the critical thinking skills necessary to pass the exam. BIG BEN Training Center is committed to this rigorous model to maximize the success of every participant.

Course Agenda (Course Units):

Unit One: Foundations and Exam Overview.

- Understanding the PMP® exam structure and application process.
- The role of the project manager and the PMP® code of ethics.
- The five project management process groups.
- An introduction to agile and hybrid methodologies.
- Key project management definitions and concepts.

Unit Two: The Project Environment and Roles.

- Understanding the business environment and its impact on projects.
- The project team and its structure.
- The role of the project manager and leadership styles.
- Managing stakeholders and communication.
- Building a collaborative and high-performing team.

Unit Three: The Planning Process Group.

- Developing the project management plan.
- Scope management: defining and controlling project scope.
- Schedule management: creating and optimizing the project timeline.
- Cost management: budgeting and cost control.
- Resource and quality management planning.

Unit Four: Execution and Monitoring.

- Leading and directing project work.
- Managing communication and stakeholder engagement.
- Executing the quality and risk management plans.
- Monitoring and controlling project work.
- Applying earned value management (EVM) for performance analysis.

Unit Five: Beyond the Core and Exam Strategy.

- Procurement and contract management.
- The role of agile and hybrid methodologies on the PMP® exam.
- Closing the project and capturing lessons learned.
- Simulated PMP® practice exams.
- Test-taking strategies, tips, and techniques.

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:

How does a mastery of the PMBOK® Guide not only prepare an individual for certification but also fundamentally transform their approach to project leadership in a real-world setting?

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

This training course is distinguished by its singular focus on PMP® exam preparation, providing a structured, in-depth review of the PMBOK® Guide and the agile methodologies now included in the exam. While other courses may offer a general overview, our curriculum is a rigorous, targeted program designed for a specific outcome: passing the PMP® exam. The unique quality lies in the blend of theoretical mastery and practical exam strategies, including simulated tests and a deep dive into the types of situational questions found on the exam. The course integrates the academic insights of pioneers like Dr. David I. Cleland with an intensive focus on the exam content. This training provides the 35 contact hours required for the PMP® application and ensures that participants are not only knowledgeable but also fully prepared, confident, and strategically equipped to achieve their certification goal. This specialization makes it a superior choice for any professional seeking PMP® credentials.