PMI-ACP® Exam Prep - authorized training preparing for the exam

This training prepares participants for the international PMI-ACP® certification and teaches how to apply Agile approaches to project management in modern organizations. It demonstrates how to use Agile approaches such as Scrum, Kanban, XP, and Lean to deliver business value in environments characterized by high variability and uncertainty.

The training is intended for people working in Agile projects and will help both with preparation for the PMI-ACP® exam and with the practical application of Agile methods in projects.

After completing the training, you will be able to adapt Agile approaches to a business context, collaborate effectively with teams and stakeholders, and prepare consciously for the certification exam.

Training recipients

- Project Managers,
- Product Managers and Product Owners
- Developers
- Agile team leaders
- Scrum Masters and Agile Coaches
- Transition Managers
- Individuals preparing for PMI-ACP® certification

Benefits

- Understand Agile principles and values and their application in project management
- Apply Agile frameworks such as Scrum, Kanban, and XP in project practice
- Distinguish adaptive planning techniques and workflow management methods
- Learn how to build effective Agile teams and support their self-organization
- Use Agile metrics to monitor progress and improve product delivery quality
- Practice backlog management techniques and business value prioritization
- Prepare for the PMI-ACP® exam by analyzing sample exam questions
- Participants will earn 21 PDUs – PDUs are units required to obtain/maintain PMI certificates

Training program

I. Philosophical foundations, work framework and Lean principles

1. Agile Manifesto & Principles
2. Frameworki Agile
    - Scrum: Mechanics of the process, responsibilities, events and artifacts
    - XP (Extreme Programming): Engineering practices that support quality
    - Kanban: Flow management, WIP limits, visualization (Value Stream), Lead Time and Cycle Time metrics
3. Lean Software Development
    - 7 types of waste (Muda)
    - Elimination of waste
    - Pull systems
    - Optimization of the whole (System Thinking)
4. Empirical Process Control: Transparency, Inspection, Adaptation as Risk Reduction Mechanisms

II. Team dynamics, servant leadership and facilitation

1. Servant Leadership: Theory and practice – the leader as a "shield" and a "buffer". Removal of impediments
2. Team Building and Formation:
    - Model Tuckmana (Forming-Storming-Norming-Performing)
    - Cross-functional teams and self-organization
    - T-shaped specialists (Generalizing Specialists)
3. Communication in the Team:
    - Osmotic communication and space design (Colocation vs Distributed Teams)
    - Information Radiators – a role in building trust and transparency
4. Emotional Intelligence (EQ): Self-regulation, empathy, and team motivation (motivation theories: Herzberg, Maslow, McClelland)

5. Conflict Management: Speed Leas conflict levels (1-5) and the leader's choice of response strategy

6. Facilitation: Decision-making techniques (Fist of Five, Dot Voting, Consensus)

III. Adaptive planning, flow management, and quality metrics

1. Adaptive Planning
   - Wielopoziomowe planowanie (Planning Onion)
   - Rolling Wave Planning
   - Progressive Elaboration

2. Relative Estimation: Story Points, Ideal Days, Consensus Techniques (Planning Poker, Wideband Delphi)

3. Quality & Testing:
   - Test-Driven Development (TDD), Acceptance TDD (ATDD) oraz Behavior-Driven Development (BDD)
   - Definition of Completion (DoD) vs. Definition of Readiness (DoR)
   - Pyramid of tests in Agile

4. Problem Detection and Troubleshooting:
   - Metryki: Velocity, Throughput, CFD (Cumulative Flow Diagram)
   - Burn-down charts: Burn-down and Burn-up (deviation interpretation)
   - Root Cause Analysis: Metoda 5 Whys, Diagram Ishikawy

5. Risk Management: Risk-Adjusted Backlog, Risk Burndown Chart, spikes (research tasks)

IV. Requirements, business prioritization and cooperation with the customer

1. Cooperation with Stakeholders
   - Managing engagement
   - Identifying stakeholders
   - Building a common vision

2. Requirements management (backlog):
   - Writing effective User Stories (INVEST criteria)
   - User Story Mapping – creating a product backbone and planning releases

3. Value-Based Prioritization:
   - Techniques: MoSCoW, Model Kano (Delighters vs Must-be), ROI, NPV, IRR
   - Monopoly Money, Relative Prioritization

4. Agile Business Metrics
   - MVP (Minimum Viable Product)
   - MMF (Minimal Marketable Feature)

5. Continuous Improvement:
   - Retrospective: Facilitation techniques, drawing conclusions and introducing improvements into the process
   - Kaizen – small, constant changes

6. Exam Strategy:
   - Analysis of situational questions (Scenario-based questions)
   - Professional Responsibility and Ethics PMI (Code of Ethics)

Expected preparation of the participant

- Experience working in projects executed using Agile approaches
- Knowledge of basic concepts related to project management or Agile methodologies

Training Includes

- Authorized training materials
- Note: The price does **not include the exam fee.**

Duration

3 days / 21 hours

Language

- Training: English
- Materials: English