



Building Confidence Through Practical Project Leadership

Project Management Essentials Training Program

- Master Core PM Skills • Deliver Projects with Confidence
 - Build a Strong Career Foundation



Audience

Every successful organization relies on effective project management to achieve its goals, control resources, and deliver results.

The Project Management Essentials Training Program provides a comprehensive foundation in the principles, processes, and tools needed to plan, execute, and close projects successfully.

This course is designed for individuals seeking to understand the practical aspects of managing projects — whether in business, technology, engineering, or nonprofit environments.

Through this training, you'll gain the skills to:

- Understand project management frameworks and best practices
- Plan, schedule, and manage project resources effectively
- Communicate project goals and progress with stakeholders
- Manage risks, changes, and project constraints
- Apply practical tools for real-world project delivery

Ideal for:

- Fresh Graduates entering the Tech or Business space
- Aspiring Project Managers and Coordinators
- Business Analysts and Team Leads
- Entrepreneurs and Professionals managing multiple tasks
- Anyone seeking to build project leadership skills



Course Description

The Project Management Essentials Training by Alfred & Victoria Associates Academy introduces participants to global project management standards and practical applications. The program draws from the PMI PMBOK® Guide and Agile principles, focusing on how to initiate, plan, execute, monitor, and close projects efficiently — using real-world examples and interactive exercises.

Course Overview

Participants will learn how to initiate, plan, execute, monitor, and close projects effectively. The training emphasizes structure, clarity, accountability, and teamwork while introducing participants to both traditional and Agile project management concepts.

Real-life scenarios, case studies, and practical exercises are used to build real-world competence.



Course Outline

- Module 1: Introduction to Project Management
- Module 2: Project Initiation
- Module 3: Project Planning Basics
- Module 4: Execution & Team Coordination
- Module 5: Monitoring & Control
- Module 6: Project Closure
- Module 7: Introduction to Agile & Modern Delivery
- Module 8: Tools for Project Management



Training Details

Duration: 3 days

Training Fee: N200,000(excluding tax)





Thank you



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