PMP® Certification Training
4-Day Instructor Led Bootcamp

PMI® Authorized Training Partner | Instructor-Led | 35 PDUs / Contact Hours

COURSE DETAILS

COURSE OVERVIEW

This intensive 4-day PMP® Exam Prep course is designed for professionals seeking to **achieve the Project Management Professional (PMP®)** credential. Delivered in person by a **Registered PMI® ATP Instructor**, this course satisfies PMI's 35-hour training requirement and includes full access to **PMI®'s official digital courseware**.

The program blends **interactive instruction**, **exam-focused exercises**, and **practice questions** to ensure participants are fully prepared to write and pass the PMP® exam. It is ideal for project managers, team leads, engineers, public sector staff, and professionals managing complex projects.

COURSE FEATURES

☑ **Official PMI® Digital Courseware** – complete access to PMI's authorized study content

☑ **250+ Practice Exam Questions** with feedback and scoring insights

☑ **Quicktests, Glossary, and Formula Sheets** to reinforce learning

☑ **Exam Strategy Coaching** – tips on how to approach tricky questions and manage time

☑ **35 Contact Hours / PDUs** – fulfills PMI's educational requirement

PARTICIPANT OUTCOMES

Participants will leave the course with:
- A solid understanding of PMI's **Exam Content Outline (ECO)** covering People, Process, and Business Environment domains
- Confidence in handling Agile, Hybrid, and Predictive project scenarios
- The ability to navigate different question types including situational and scenario-based items
- A strategy for **exam day readiness**, including managing exam stress and timing
- A PMI-recognized **Certificate of Completion** confirming 35 PDUs

INSTRUCTION FORMAT

- **Delivery:** In-Person/Virtual, Instructor-Led
- **Hours:** 9:00 AM to 6:00 PM daily *or as agreed between instructor and participants*
- **Materials:** Provided digitally via PMI's official ATP portal

PMI® REQUIREMENTS FOR PMP® CERTIFICATION

To be eligible for the PMP® exam, candidates must:

Education Level	Project Experience	Project Management Training
Bachelor's Degree or higher	36 months (within past 8 years)	35 Contact Hours / PDUs (This Course)
Secondary School Diploma	60 months (within past 8 years)	35 Contact Hours / PDUs (This Course)

Visit www.pmi.org/certifications/project-management-pmp for full eligibility details.

CANSTEAD PMP MASTERPREP™ GUIDE

LESSON FRAMEWORK STRUCTURE

Built to Pass on the First Try
- **10 Strategic Sections** in every lesson covering must-know concepts, PMI logic, traps, and exam-style scenarios.
- **Flashcard-ready** *definitions, diagrams, and decision trees* for rapid retention and mastery.
- **Mapped 1:1 to PMI's Exam Content Outline (ECO)** and **glossary**, including hybrid/agile content.
- **Designed by expert instructors** to maximize confidence, readiness, and performance.

Section
1. Lesson Overview
2. Must-Know Concepts
3. Must-Memorize Terms/Formulas
4. PMI Exam Logic Tips
5. Concept Check Questions
6. Situational Exam Questions
7. Visual Aids & Diagrams
8. Common Traps & Misconceptions
9. Learning Summary + "Cheat Sheet"
10. Reflection or Mindset Prompt

OVERVIEW

DAY 1: INTRODUCTION AND FOUNDATIONAL CONCEPTS

Introduction to PMP Certification and the PMBOK® Guide – Seventh Edition:

- Overview of PMP certification, its value, and PMI's standards.

- Introduction to the PMBOK® Guide – Seventh Edition, emphasizing the shift from process groups to project performance domains and principles.

- Explanation of the PMP exam format, question types, and PMI's Exam Content Outline (ECO).

Principles of Project Management:

- Introduction to the 12 Project Management Principles that guide project managers in ethical and effective decision-making.

- Discussion of how these principles apply across various project environments and industries.

Performance Domains Overview:

- Overview of the 8 Project Performance Domains: Stakeholder, Team, Development Approach and Life Cycle, Planning, Project Work, Delivery, Measurement, and Uncertainty.

- Understanding how these domains interrelate to deliver value and achieve project goals.

Stakeholder Performance Domain:

- Identifying and engaging stakeholders.

- Strategies for managing stakeholder expectations and ensuring stakeholder satisfaction throughout the project.

DAY 2: VALUE DELIVERY AND PROJECT EXECUTION

Team Performance Domain:

- Building and leading a high-performing team.

- Creating a collaborative project team environment.

- Managing conflict and fostering a supportive team culture.

Development Approach and Life Cycle Performance Domain:

- Understanding different development approaches (predictive, agile, hybrid).

- Tailoring project management practices to fit the chosen development approach.

- Managing project phases and transitions effectively.

Planning Performance Domain:

- Developing comprehensive project plans that align with organizational strategy.

- Addressing scope, schedule, cost, quality, resource, and risk considerations in planning.

- Integrating planning across domains for cohesive project execution.

Project Work Performance Domain:

- Executing project plans to achieve defined outcomes.

- Managing project activities, deliverables, and constraints.

- Ensuring quality and controlling project work to stay on track.

DAY 3: DELIVERING VALUE AND MANAGING UNCERTAINTY

Delivery Performance Domain:

- Focusing on delivering business value throughout the project lifecycle.

- Managing project deliverables to meet stakeholder needs and expectations.

- Using agile practices to ensure iterative delivery and continuous improvement.

Measurement Performance Domain:

- Establishing performance measurement baselines.

- Using metrics and KPIs to monitor project progress and performance.

- Conducting regular performance reviews and making necessary adjustments.

Uncertainty Performance Domain:

- Identifying and managing risks, issues, and uncertainties that can impact project outcomes.

- Developing risk response strategies and maintaining project resilience.

- Leveraging adaptive planning to manage complexity and change.

Tailoring and Considerations:

- Tailoring project management practices to suit the project environment, size, and complexity.

- Applying adaptive and predictive approaches where appropriate.

- Understanding the role of the project manager in tailoring project practices.

DAY 4: REVIEW, EXAM PREPARATION, AND PRACTICE

Comprehensive Review:

- Recap of the 12 Project Management Principles and 8 Project Performance Domains.

- Review of key concepts, terms, and principles from the PMBOK® Guide – Seventh Edition.

- Discussion of common challenges and strategies for overcoming them.

EXAM PREPARATION

- Detailed review of PMI's Exam Content Outline (ECO) and how it aligns with the PMBOK® Guide.

- Time management strategies for the exam.

- Techniques for handling different question types, including situational and scenario-based questions.

Final Q&A Session:

- Open session for any remaining questions and clarifications.

- Guidance on final steps to take before sitting for the PMP exam, including last-minute study tips and application submission.

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