ADAPTIVE (AGILE) PROJECT MANAGEMENT



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Introduction

Adaptive (Agile) Project Management examines how teams deliver value in changing conditions rather than defending a fixed plan. This Training Course covers agile principles, iterative delivery, backlog management, and adaptive governance. Participants study the Agile Manifesto, Scrum, Kanban, the Agile Practice Guide, extreme programming practices, and scaled frameworks such as SAFe and LeSS. Furthermore, the programme connects method to delivery through sprint simulations, Kanban board design, and adaptive planning workshops. As a result, delegates leave able to choose the right approach for the work and run iterative delivery with real discipline.

Adaptive (Agile) Project Management Course Objectives

- Define adaptive and predictive approaches and when each fits.
- Apply the Agile Manifesto values and twelve principles.
- Run the Scrum framework with defined roles and events.
- Design Kanban systems with work-in-progress limits.
- Build, refine, and prioritise product backlogs.
- Write user stories with acceptance criteria and estimates.
- Plan and forecast using velocity and burndown charts.
- Facilitate retrospectives and continuous improvement.
- Scale agile with SAFe and LeSS coordination patterns.
- Measure delivery with flow metrics and agile KPIs.

Course Methodology

- Interactive workshops using real project and backlog files.

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- Iteration and Kanban simulation with timed rounds.
- Backlog refinement and story writing practice.
- Estimation, forecasting, and metrics workshops.
- Retrospective facilitation and coaching exercises.
- Action planning that converts each session into a workplace commitment.

Who Should Take This Course

- Project and programme managers.
- Scrum Masters and agile coaches.
- Product owners and business analysts.
- Development and delivery team members.
- PMO staff supporting agile delivery.
- Line managers of agile teams.
- Consultants supporting agile transformation.

Adaptive (Agile) Project Management Course Outlines

Day 1: Foundations of Adaptive Delivery

- Defining adaptive, predictive, and hybrid approaches.
- The Agile Manifesto values and twelve principles.
- Choosing the right approach for the work.
- Agile versus traditional project roles.
- The Agile Practice Guide and PMI alignment.
- Agile mindset, culture, and team autonomy.
- Building the adaptive delivery framework.

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Day 2: Scrum in Practice

- Scrum roles: Product Owner, Scrum Master, Developers.
- Scrum events: sprint, planning, daily, review, retrospective.
- Sprint goals and definition of done.
- Product backlog and sprint backlog management.
- Increment delivery and release planning.
- Handling interruptions and scope change.
- Running a sprint simulation.

Day 3: Kanban, Flow, and Work Visualisation

- Kanban principles and practices.
- Board design and column configuration.
- Work-in-progress limits and pull systems.
- Classes of service and expedite lanes.
- Flow metrics: lead time, cycle time, throughput.
- Cumulative flow diagrams and bottleneck analysis.
- Designing a Kanban system for a real workflow.

Day 4: Requirements, Estimation, and Planning

- User story structure and INVEST criteria.
- Acceptance criteria and definition of ready.
- Story mapping and release slicing.
- Relative estimation with story points and planning poker.
- Velocity, burndown, and burnup charts.

- Monte Carlo forecasting and probabilistic planning.
- Adaptive planning and rolling wave approaches.

Day 5: Scaling, Measurement, and Improvement

- Scaled frameworks: SAFe, LeSS, and Scrum of Scrums.
- Dependencies, integration, and coordination patterns.
- Agile metrics, dashboards, and reporting.
- Retrospectives and continuous improvement practice.
- Coaching, conflict handling, and team maturity.
- Blending agile with governance and compliance.
- Personal action plan and continuous improvement.

Conclusion

By successfully completing Adaptive (Agile) Project Management, participants will have acquired a practical command of agile principles, Scrum and Kanban practice, backlog management, adaptive planning, and scaling patterns. They will know how to choose an approach that fits the work, run iterations that produce usable increments, and measure delivery with flow metrics rather than opinion. In addition, the course prepares delegates to facilitate improvement, coach teams, and reconcile agile practice with governance requirements. As a result, they return to work ready to lead adaptive delivery with discipline. Gentex Training Center delivers this Training Course with a practical, standards-based approach.

LEARN BOLD. **LEAD BEYOND**
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FAQs for the Adaptive (Agile) Project Management course

Q1 What is the "Adaptive (Agile) Project Management" course about?

It is a five-day programme on delivering projects through iterative, adaptive methods. It covers the Agile Manifesto, Scrum roles and events, Kanban systems and flow metrics, backlog management with user stories, relative estimation, adaptive planning, scaling with SAFe and LeSS, and continuous improvement.

Q2 What are the key benefits of the "Adaptive (Agile) Project Management" course?

Participants gain the ability to pick an approach that fits the work, run iterations that deliver usable increments, and forecast with data rather than optimism. They also learn to visualise work, remove bottlenecks, and improve continuously, which shortens lead time and makes delivery visible to stakeholders.

Q3 What skills will I gain from the "Adaptive (Agile) Project Management" course?

Agile framework application with the Agile Manifesto, Scrum roles, events, and artifacts, and the Agile Practice Guide, Kanban and flow management with board design, work-in-progress limits, and flow metrics, backlog and requirements practice with user stories, INVEST criteria, acceptance criteria, and story mapping, and adaptive planning and measurement with relative estimation, velocity, burndown charts, Monte Carlo forecasting, scaling patterns, and agile metrics.

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Q4 What tools, methods, or standards are covered in the "Adaptive (Agile) Project Management" course?

The course covers adaptive, predictive and hybrid approach definitions, the Agile Manifesto values and twelve principles, approach selection criteria for the work at hand, agile versus traditional project role comparison, the Agile Practice Guide and PMI alignment, agile mindset, culture and team autonomy, Scrum roles covering Product Owner, Scrum Master and Developers, Scrum events covering sprint, sprint planning, daily scrum, sprint review and retrospective, sprint goal and definition of done, product backlog and sprint backlog management, increment delivery and release planning, interruption and scope change handling, Kanban principles and practices, board design and column configuration, work-in-progress limits and pull systems, classes of service and expedite lanes, flow metrics covering lead time, cycle time and throughput, cumulative flow diagrams and bottleneck analysis, user story structure and INVEST criteria, acceptance criteria and definition of ready, story mapping and release slicing, relative estimation with story points and planning poker, velocity, burndown and burnup charts, Monte Carlo forecasting and probabilistic planning, adaptive planning and rolling wave approaches, scaled frameworks including SAFe, LeSS and Scrum of Scrums, dependency, integration and coordination patterns, agile metrics, dashboards and reporting, retrospective facilitation and continuous improvement, coaching, conflict handling and team maturity assessment, and blending agile with governance and compliance requirements.

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Q5 How is the "Adaptive (Agile) Project Management" course applied in real-world practice?

Delegates apply it through product backlogs, sprint backlogs, sprint goals, definition of done statements, acceptance criteria, story maps, release plans, Kanban boards, work-in-progress limits, classes of service, cumulative flow diagrams, burndown and burnup charts, velocity records, Monte Carlo forecasts, sprint review reports, retrospective action logs, scaled coordination boards, agile dashboards, and improvement plans. They also use it to facilitate ceremonies and to coach teams through agile adoption.