ADAPTIVE PROJECT MANAGEMENT & ANALYSIS



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Introduction

Adaptive Project Management and Analysis examines how teams plan, analyse, and deliver under changing requirements rather than resisting change. This Training Course covers adaptive delivery models, iterative planning, analysis techniques, and progress measurement. Participants study the Agile Manifesto and its twelve principles, the Scrum Guide with its roles, events and artefacts, Kanban and the work-in-progress limits of the Kanban Method, the PMBOK Guide adaptive and hybrid delivery approaches, user story writing with INVEST criteria, MoSCoW prioritisation, story mapping, acceptance criteria and Given-When-Then, estimation with story points, planning poker, velocity and cycle time, cumulative flow diagrams, burndown and burnup charts, the Cone of Uncertainty, Monte Carlo simulation for forecasting, and empirical process control with inspect-and-adapt. Furthermore, the programme connects analysis to delivery through backlog workshops, estimation labs, and sprint simulation. As a result, delegates leave able to manage adaptive projects with disciplined analysis.

Adaptive Project Management & Analysis Course Objectives

- Define adaptive project management and its place alongside predictive delivery.
- Apply the Agile Manifesto values and twelve principles.
- Apply the Scrum Guide roles, events, and artefacts correctly.
- Design Kanban boards with work-in-progress limits and flow policies.
- Apply the PMBOK Guide adaptive and hybrid delivery approaches.
- Write user stories with the INVEST criteria.
- Prioritise backlogs using MoSCoW and value-based methods.
- Build story maps and acceptance criteria with Given-When-Then.
- Estimate with story points, planning poker, and velocity.
- Analyse flow with cycle time, cumulative flow diagrams, and Monte Carlo forecasts.

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Course Methodology

- Interactive workshops using real backlogs and delivery boards.
- User story and acceptance criteria writing labs.
- Estimation, prioritisation, and story mapping exercises.
- Flow metric and cumulative flow diagram workshops.
- Sprint simulation and retrospective practice.
- Action planning that converts each session into a workplace commitment.

Who Should Take This Course

- Project and delivery managers.
- Scrum masters and agile coaches.
- Product owners and business analysts.
- Team leaders in iterative delivery.
- PMO analysts supporting hybrid projects.
- Programme managers overseeing adaptive portfolios.
- Stakeholders engaging with agile teams.

Adaptive Project Management & Analysis Course Outlines

Day 1: Foundations of Adaptive Delivery

- Adaptive, predictive, and hybrid delivery compared.
- The Agile Manifesto values and twelve principles.
- Empirical process control: transparency, inspection, adaptation.

- The Scrum Guide: roles, events, and artefacts.
- Kanban Method principles and work-in-progress limits.
- The PMBOK Guide adaptive and hybrid delivery approaches.
- Building the adaptive delivery framework.

Day 2: Requirements and Analysis

- User story writing with the INVEST criteria.
- Personas, jobs-to-be-done, and user journey analysis.
- Story mapping and release slicing.
- Acceptance criteria with Given-When-Then.
- Definition of Ready and Definition of Done.
- Backlog refinement and splitting large stories.
- Building the requirements and analysis pack.

Day 3: Prioritisation and Estimation

- MoSCoW prioritisation and its limits.
- Value-based prioritisation: cost of delay and weighted shortest job first.
- Relative estimation with story points.
- Planning poker and affinity estimation.
- Velocity, capacity, and team throughput.
- Forecasting with the Cone of Uncertainty and reference class forecasting.
- Building the prioritisation and estimation pack.

Day 4: Flow, Metrics, and Forecasting

- Cycle time, lead time, and throughput measurement.

- Cumulative flow diagrams and bottleneck detection.
- Burndown and burnup charts and their misuse.
- Little's Law applied to work in progress.
- Monte Carlo simulation for delivery forecasting.
- Statistical Process Control with control charts and run rules.
- Building the flow and forecasting pack.

Day 5: Execution, Review, and Governance

- Sprint planning, daily coordination, and review design.
- Retrospectives and continuous improvement practice.
- Scaling considerations and dependency management.
- Stakeholder engagement and reporting in adaptive delivery.
- Governance, contracts, and assurance in adaptive projects.
- Preventing metric gaming and velocity inflation.
- Personal action plan and continuous improvement.

Conclusion

By successfully completing Adaptive Project Management and Analysis, participants will have acquired a practical command of adaptive delivery models, requirements analysis, prioritisation, estimation, flow measurement, forecasting, and review governance. They will know how to write user stories with clear acceptance criteria, prioritise by value rather than opinion, and forecast delivery with data rather than optimism. In addition, the course prepares delegates to run retrospectives and reviews that improve the process itself. As a result, they return to work ready to manage adaptive projects with disciplined analysis. Gentex Training Center delivers this Training Course with a practical, standards-based approach.

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FAQs for the Adaptive Project Management & Analysis course

Q1 What is the "Adaptive Project Management & Analysis" course about?

It is a five-day programme on planning, analysing, and delivering under changing requirements rather than resisting change. It covers the Agile Manifesto, the Scrum Guide, Kanban work-in-progress limits, PMBOK Guide adaptive and hybrid approaches, user stories with INVEST, MoSCoW prioritisation, story points, flow metrics, and Monte Carlo forecasting.

Q2 What are the key benefits of the "Adaptive Project Management & Analysis" course?

Participants gain the ability to write user stories with clear acceptance criteria, prioritise by value rather than opinion, and forecast delivery with data rather than optimism. They also learn to run retrospectives and reviews that improve the process itself rather than just reporting progress.

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Q3 What skills will I gain from the "Adaptive Project Management & Analysis" course?

Adaptive foundations with Agile Manifesto principle application, empirical process control, Scrum Guide role and event practice, Kanban Method and work-in-progress limit design, and PMBOK Guide adaptive and hybrid approach use, requirements analysis with user story writing to INVEST criteria, persona and jobs-to-be-done analysis, story mapping and release slicing, acceptance criteria construction with Given-When-Then, and Definition of Ready and Definition of Done design, prioritisation and estimation with MoSCoW application, cost of delay and weighted shortest job first use, relative estimation with story points, planning poker facilitation, velocity and capacity measurement, and Cone of Uncertainty and reference class forecasting, and flow and governance with cycle time, lead time and throughput measurement, cumulative flow diagram analysis, burndown and burnup interpretation, Little's Law application, Monte Carlo simulation, control chart application, run rule interpretation, retrospective facilitation, dependency management, stakeholder reporting, contract and governance design, and anti-gaming practice.

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Q4 What tools, methods, or standards are covered in the "Adaptive Project Management & Analysis" course?

The course covers adaptive, predictive and hybrid delivery compared, the Agile Manifesto values and twelve principles, empirical process control across transparency, inspection and adaptation, the Scrum Guide roles, events and artefacts, Kanban Method principles and work-in-progress limits, the PMBOK Guide adaptive and hybrid delivery approaches, user story writing with the INVEST criteria, personas, jobs-to-be-done and user journey analysis, story mapping and release slicing, acceptance criteria with Given-When-Then, Definition of Ready and Definition of Done, backlog refinement and splitting large stories, MoSCoW prioritisation and its limits, value-based prioritisation across cost of delay and weighted shortest job first, relative estimation with story points, planning poker and affinity estimation, velocity, capacity and team throughput, forecasting with the Cone of Uncertainty and reference class forecasting, cycle time, lead time and throughput measurement, cumulative flow diagrams and bottleneck detection, burndown and burnup charts and their misuse, Little's Law applied to work in progress, Monte Carlo simulation for delivery forecasting, Statistical Process Control with control charts and run rules, sprint planning, daily coordination and review design, retrospectives and continuous improvement practice, scaling considerations and dependency management, stakeholder engagement and reporting in adaptive delivery, governance, contracts and assurance in adaptive projects, and preventing metric gaming and velocity inflation.

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Q5 How is the "Adaptive Project Management & Analysis" course applied in real-world practice?

Delegates apply it through adaptive delivery frameworks, product backlogs, sprint backlogs, sprint goal statements, definition of ready checklists, definition of done checklists, user stories, acceptance criteria, Given-When-Then scenarios, personas, jobs-to-be-done statements, user journey maps, story maps, release slices, MoSCoW prioritisation tables, cost of delay analyses, weighted shortest job first rankings, story point estimates, planning poker records, velocity charts, capacity plans, throughput reports, Cone of Uncertainty forecasts, reference class forecasts, cycle time reports, lead time distributions, cumulative flow diagrams, bottleneck analyses, burndown charts, burnup charts, Little's Law models, Monte Carlo simulations, control charts, run rule assessments, sprint planning agendas, daily standup notes, sprint reviews, retrospective action logs, dependency registers, scaling coordination boards, stakeholder reports, adaptive contract clauses, governance frameworks, metric gaming risk assessments, and delivery improvement plans. They also use it to facilitate sprint events and to report adaptive delivery performance to sponsors and programme leadership.