

STS COURSES

Core Project Management Training

- Introduction to Project Management
- Project Management Essentials
- Project Management Fundamentals
- Advanced Project Management Training
- Becoming a Predictive Project Manager
- Solution-Driven Project Management

Certification preparation programs

- IPMA A, B, C, D
- CAPM
- PMP
- PgMP, PfMP
- PMI-ACP
- DASM
- Green Project Management – GPM-b™ Preparation
- Half Double Methodology
- IPMA Agile Leadership

Leadership and Team Performance

- Leading Project Teams
- Leading Agile Teams
- Stakeholder Management
- Psychological Safety & Time Management



Agile, Hybrid & Modern Delivery Approaches

- Agile Project Management
- AI in Project Management
- Agile Hybrid Project Management
- Hybrid Environments

Risk and Strategic Project Management

- Risk Management
- Projects in a Complex Environment
- Program & Portfolio Management



Responsible Project Delivery

- Sustainability in Project Management
- Green Project Management

Certification preparation programs



	Description	Target audience	Training type	Learning hours
IPMA D	This certification is the entry level and certifies the knowledge of a project manager. Level D has no admission requirements and no competence dossier or interview; success relies primarily on mastering ICB4 concepts for the written exam. The program prioritizes structured learning with the Prep Pack, tutoring, and targeted exam coaching to build confidence with IPMA-style questions.	Individuals wishing to validate broad project management knowledge and be able to collaborate effectively in project teams	Instructor-led Virtual and face-to-face	4-6 hours of coaching
IPMA C	This preparation focuses on the practical and delivery-oriented: strengthening competence across Perspective, People, and Practice, and showing consistent application on a solid reference project. Coaching supports candidates through the full certification path – building a clear dossier, preparing for the written exam, and practicing for an interview that evaluates real PM decision-making and behavior.	Project managers able to manage projects of limited/moderate complexity who meet Level C eligibility	Instructor-led Virtual and face-to-face	20-25 hours of coaching
IPMA B	This preparation targets senior managers who run highly complex projects/programs/portfolios and need to validate their ability to deliver through structured senior-level competence evidence. The emphasis is on successfully managing complexity end-to-end, rather than proving organization-wide strategic authority. Participants are coached to build a robust dossier tied to a complex reference project, prepare thoroughly for the written exam, and sharpen their narrative for the senior-level interview.	Senior project, program, or portfolio managers with a minimum of 5 years of experience in the last 8 years	Instructor-led Virtual and face to face	25-30 hours of coaching
IPMA A	This preparation is designed for executives and directors who lead projects, programs, or portfolios at a strategic level and must prove mastery in shaping organizational direction through complex initiatives. The course focuses on positioning your senior reference experience against ICB4, turning it into high-level evidence of governance, strategy alignment, and leadership impact.	Experienced professionals able to manage very complex projects, programs or portfolios at a strategic level.	Instructor-led Virtual and face-to-face	30-35 hours of coaching

Certification preparation programs



	Description	Target audience	Training type	Learning hours
PMP	<p>This course equips experienced project leaders to succeed on the current, scenario-based PMI exam by building real-world judgment across predictive, Agile, and hybrid approaches. Over a focused 4-day blended program led by PMI-ATP accredited trainers, participants learn to apply PMI principles to situational questions rather than rely on memorization. The course includes official PMI learning materials and the X-AM PMP simulator (≈1,300 exam-like questions) to progressively practice, assess readiness, and close gaps.</p>	<p>Experienced project managers / leaders who meet PMI PMP eligibility</p>	<p>Instructor-led seminar + self-paced learning or in-house preparation Virtual or hybrid participation possible</p>	<p>35 hours (9 virtual sessions or 4 days face-to-face)</p>
PgMP	<p>This course combines self-study using STS e-learning and official PMI reference books with personalized coaching from an expert trainer. The preparation follows the latest PMI Exam Content Outline and covers all program management performance domains, benefits, governance, stakeholder engagement, and lifecycle management. Participants are guided to align their experience and knowledge with PMI requirements and to build confidence for the written examination.</p>	<p>Experienced program managers / senior project leaders who manage multiple related projects</p>	<p>Virtual and coaching</p>	<p>10–15 hours of individual coaching</p>
CAPM	<p>This course combines instructor-led sessions, real-project discussions and case activities with comprehensive e-learning and a large X-AM exam simulator so candidates can learn, practice, and validate understanding in exam-like conditions. The program also includes support for the PMI registration/certification process and access to official PMI training materials. By the end, participants have covered all four CAPM domains and are ready to pass the CAPM exam and earn the credential.</p>	<p>Early-career or aspiring project managers, project team members, and anyone seeking a first PMI credential.</p>	<p>Instructor-led seminar + self-paced learning or in-house preparation Virtual or hybrid participation possible</p>	<p>35 hours (9 virtual sessions or 4 days face-to-face)</p>
Green Project Management – GPM-b™ Preparation	<p>This training equips participants with the knowledge and tools to integrate sustainability into every phase of project management. It covers the GPM-b™ certification framework, including PRiSM methodology, the P5 Standard, and the development of Sustainability Management Plans. By the end of the course, participants will be able to apply sustainable practices to projects, align with the UN Sustainable Development Goals, and prepare for GPM certification.</p>	<p>Project/program managers and other professionals who wish to integrate environmental and social responsibility into their project management practices.</p>	<p>Instructor-led Virtual or in-person</p>	<p>15 hours (2 full days + 1 hour of self-paced e-learning)</p>

Certification preparation programs



	Description	Target audience	Training type	Learning hours
IPMA Agile Leadership	<p>This course offers a focused and practical introduction to agile leadership in line with the IPMA Individual Competence Baseline (ICB). Participants explore agile values, leadership behaviors, and adaptive decision-making required to lead teams and stakeholders in complex environments. Participants benefit from structured guidance, practical tools, and continuous trainer support throughout the learning journey.</p>	Agile coaches, Scrum Masters, product owners, and team members working in agile or hybrid environments	Instructor-led Virtual and face-to-face	30-35 hours of coaching with an IPMA certification 60-100 hours of coaching without an IPMA certification
PMI-ACP	<p>This course provides a comprehensive overview of agile principles, practices, and frameworks across multiple methodologies. The course combines instructor-led sessions, real-life case studies, hands-on activities, and extensive exam practice to ensure solid exam readiness. Participants benefit from access to the X-AM PMI-ACP® exam simulator, PMI®-authorized preparation materials, and ongoing trainer support before the exam.</p>	Agile coaches, Scrum Masters, product owners, and team members working in agile or hybrid environments	Instructor-led Virtual	21 hours (6 sessions of 3.5 hours)
Half Double Methodology	<p>A Half Double methodology certificate equips participants with practical tools to deliver projects faster while creating real impact for stakeholders. It strengthens the ability to lead projects with a strong focus on impact, stakeholder engagement, and flow. Participants gain hands-on experience with methods that enhance collaboration, transparency, and decision-making in complex project environments. The certification also validates competence in applying a people-centered project approach.</p>	This course's audience ranges from newcomers in the realm of project management to advanced users who wish to expand their toolbox.	Instructor-led Virtual or face-to-face	21 hours (3 days)
DASM	<p>The Disciplined Agile Scrum Master (DASM) course introduces participants to the Disciplined Agile mindset, grounded in principles, promises, and guidelines that enable true business agility. The training explores multiple leading agile and lean approaches—including Scrum, Kanban, and SAFe®—helping learners move beyond a single framework and adapt their way of working to different contexts.</p>	Aspiring or current Scrum Masters, agile team members, and project professionals who want to strengthen their understanding of agile and lean.	Virtual or face-to-face	14 hours (2 days)

Core Project Management Training



	Description	Target audience	Training type	Learning hours
Introduction to Project Management	<p>This training offers a practical introduction to project management, combining self-paced e-learning with a two-day interactive workshop. Participants gain foundational knowledge and hands-on experience through exercises, discussions, and the possibility to take on a realistic project simulation using SimulTrain®. By the end of the course, they will be equipped to plan, lead, and control projects effectively while applying best practices in real-world contexts.</p>	<p>Junior project managers, project team members, executives, and anyone who will soon lead or play a key role in projects.</p>	<p>Instructor-led seminar + self-paced learning</p>	<p>26 hours (2 days + 12 hours of self-paced e-Learning)</p>
Project Management Essentials	<p>Project Management Essentials is a program covering the core concepts, methodologies, and tools of project management. It is designed to give non-experienced collaborators a solid basic understanding, a common project language, and practical skills they can apply immediately in their day-to-day project work.</p>	<p>Project team members or anyone who is or will be involved in projects and needs a basic understanding of PM methods and terminology</p>	<p>Instructor-led seminar + self-paced learning</p>	<p>13 hours (1 day + 6 hours of self-paced e-Learning)</p>
Project Management Fundamentals	<p>In contrast with Project Management Essentials, Project Management Fundamentals goes one step further in the explanation of core concepts. It is designed to give collaborators with some experience a solid basic understanding, a common project language, and practical skills they can apply immediately in their day-to-day project work.</p>	<p>Project team members or anyone who is or will be involved in projects and needs an intermediate understanding of PM methods and terminology</p>	<p>Instructor-led seminar + self-paced learning</p>	<p>26 hours (2 days + 12 hours of self-paced e-Learning)</p>
Advanced Project Management Training	<p>This course empowers experienced project managers to master complex projects from start to finish through a mix of self-paced study and interactive workshops. Participants deepen their expertise in cost and time estimation, risk and supply management, communication, and leadership through hands-on exercises and case studies. By the end, they will be equipped to lead challenging projects with confidence, applying both strategic methods and essential interpersonal skills.</p>	<p>Project managers, project leaders, and team members working on complex projects, and experienced PMs seeking advanced tools and techniques.</p>	<p>Instructor-led seminar + self-paced learning</p>	<p>29 hours (2 days + 15 hours of self-paced e-Learning)</p>

Core Project Management Training



	Description	Target audience	Training type	Learning hours
Becoming a Predictive Project Manager	<p>This course provides a comprehensive introduction to predictive (plan-based) project management. Participants learn how to define scope, engage stakeholders, manage risks, control changes, and deliver projects using structured planning methods. Through practical exercises and discussions, they gain the skills to build robust project plans, lead teams effectively, and close projects with confidence and clarity</p>	Project managers, project leaders, and team members working on complex projects	Instructor-led seminar + self-paced learning	29 hours (2 days + 15 hours of self-paced e-Learning)
Solution-Driven Project Management	<p>This half-day course helps project managers develop the skills to plan, lead, and adapt effectively in complex environments. Participants explore how to manage volatility, uncertainty, and interdependencies using frameworks like VUCA and the Stacy Matrix, while learning practical approaches for risk management, resilience, and team collaboration. Through discussions and applied exercises, they gain tools to navigate ambiguity, foster agility, and maintain focus on project value and outcomes.</p>	Early-to-mid level PMs / project leaders who already manage projects and want to strengthen their leadership, communication, and conflict/negotiation skills	Virtual or face to face	4 hours (half-day of instructor-led training)

Leadership and Training Performance



	Description	Target audience	Training type	Learning hours
Leading Project Teams	This blended training focuses on developing the leadership and interpersonal skills essential for effective project team management. Combining e-learning with interactive workshops, participants learn to lead, motivate, and communicate with teams through practical exercises and case studies. By the end of the course, they will be equipped to handle complex team dynamics, resolve conflicts, and apply strong leadership practices in real project environments.	Project managers who lead project teams, plus PMO representatives and program/portfolio managers who need to strengthen leadership and people skills in a project context.	Virtual and face-to-face	23 hours (2 days + 9 hours of self-paced e-Learning)
Leading Agile Teams	This blended training empowers participants to effectively lead Agile teams by fostering a mindset of collaboration, adaptability, and continuous improvement. Through e-learning, interactive workshops, and practical exercises, learners explore Agile and Scrum principles, servant leadership, and team dynamics. By the end of the course, they will confidently apply Agile methods, coaching techniques, and the Kaizen spirit to enhance team performance.	Project managers, team leaders, engineers, managers, quality managers, and business analysts who need to lead or transform Agile teams effectively.	Virtual and face-to-face	22 hours (2 days + 8 hours of self-paced e-Learning)
Stakeholder Management	This practical course develops the skills needed to effectively manage and influence project stakeholders. Combining self-paced learning with an engaging workshop, participants practice communication, negotiation, and influencing techniques through realistic scenarios and simulations. By the end, they will know how to build strong stakeholder relationships, bridge organizational gaps, and drive project success through effective collaboration.	Project Managers and Team members, Program Managers, PMO Officers, Scrum Masters, Product Owner, Contractors, Executives, Managers, Engineers	Face-to-face	20 hours (2 days + 6 hours of self-paced e-Learning)
Psychological Safety & Time Management	This one-hour e-learning course introduces the concept of psychological safety and its connection to empathy, well-being, and effective time management. Through interactive exercises and reflection, learners explore how open communication, empathy, and trust contribute to team performance and personal balance. By the end, participants gain practical strategies to create safe, collaborative environments and manage their time with clarity and confidence.	All employees and project team members in collaborative environments who want to improve day-to-day teamwork and personal effectiveness.	Virtual	1 hour of self-paced e-Learning

Agile, Hybrid & Modern Delivery Approaches



	Description	Target audience	Training type	Learning hours
Agile Project Management	<p>This Agile Project Management course provides a clear introduction to Agile principles, mindset, and methods. It explains how Agile projects are set up and guided, and participants learn the key ceremonies that drive Agile delivery—planning, daily stand-ups, reviews, backlog prioritization, and retrospectives. The course also covers essential tools and metrics and the leadership behaviors that support high-performing Agile teams.</p>	Project team leads, and members who want a practical foundation in Agile projects	Self-paced e-Learning	3.5 hours of self-paced e-Learning
AI in Project Management	<p>This course allows participants to explore how AI enhances scheduling, risk forecasting, documentation, and Agile workflows through real-world tools and interactive exercises. The training emphasizes practical skills in prompt design, data-driven decision-making, and balancing automation with human leadership. Ethical considerations, including bias, privacy, and accountability, are also examined to ensure responsible AI adoption.</p>	Project managers or companies that will actively use AI and ML tools in their approaches	Face-to-face	8.5 hours (1 day + 1.5 hours of self-paced e-Learning)
Agile Hybrid Project Management	<p>This instructor-led course introduces the principles of Agile and Hybrid Project Management, helping participants understand how agile frameworks can complement traditional predictive methods. Through case studies, exercises, and real-world examples, learners explore Agile approaches while learning to design effective hybrid models. By the end, they will know how to tailor project management methods to their environment, combining agility and structure for optimal value delivery.</p>	Project leaders (early-mid level) who need to run projects using Agile or hybrid approaches	Face-to-face or virtual	16 hours (4 half days + 2 hours of self-paced e-Learning)
Hybrid Environments	<p>This e-learning course introduces the foundations of hybrid project management and how to balance Agile and Predictive methods effectively. Through real-world examples, models, and interactive exercises, learners explore when and how to apply each approach based on project goals, constraints, and team maturity. By the end, participants will be able to design and adapt hybrid delivery structures that enhance flexibility, control, and collaboration across diverse project environments</p>	Project leaders (early-mid level) who need to run projects using hybrid approaches	Self-paced e-Learning	2 hours of self-paced e-Learning

Risk and Strategic Project Management



	Description	Target audience	Training type	Learning hours
Risk Management	<p>This two-day course provides a solid foundation in project risk management, covering the full cycle from identification to control. Through a mix of theory, group work, and hands-on simulation with SimulTrain®, participants gain practical experience in analyzing risks, making decisions under pressure, and applying effective response strategies. By the end, they will be able to anticipate, evaluate, and manage project risks with confidence using proven tools and methods.</p>	Project leaders who are involved in projects and need a solid grounding in risk identification, analysis, response, and control.	Face-to-face	14.5 hours (2 days instructor-led + 30 minutes of self-paced e-Learning)
Projects in a Complex Environment	<p>This course helps project managers navigate complexity and uncertainty with confidence. Participants learn to analyze volatile environments, plan adaptively, and lead resilient, cross-functional teams through practical frameworks such as the VUCA model and the Stacy Matrix. Through interactive discussions and exercises, they develop strategies to manage risk, foster collaboration, and maintain agility in fast-changing project contexts.</p>	Mid-level to senior project managers who want stronger tools for complexity, adaptive planning, and resilience.	Face-to-face or virtual	4 hours (1 half-day instructor-led)

Responsible Project Delivery



	Description	Target audience	Training type	Learning hours
Sustainability in Project Management	<p>This e-learning course introduces the principles of sustainability in project management and how to integrate them into everyday practice. Through real-world examples, frameworks, and reflection exercises, learners explore environmental, social, and economic dimensions of sustainability—from planning and goal-setting to leadership and communication. By the end, participants will understand how to design and lead projects that create lasting value for people, the planet, and organizations alike</p>	Project/program managers and other professionals who wish to integrate environmental and social responsibility into their project management practices.	Self-paced e-Learning	1 hour of self-paced e-Learning
Green Project Management	<p>This course enables participants to integrate sustainability into real project delivery by using the GPM framework, PRiSM lifecycle, and the P5 Standard. They learn how to build a sustainability-driven business case, perform a P5 Impact Assessment, and translate results into a practical Sustainability Management Plan (SMP). The training connects sustainability to strategy, operations, and project execution so that benefits include risk reduction, cost optimization, and stronger stakeholder trust.</p>	Top management, project managers and team members, CSR/ESG managers, sustainability specialists, HR/Marketing professionals, and lecturers who need to embed sustainability into projects.	Virtual or face-to-face	14 hours (2 days instructor-led)