



TRAINING PROGRAMME



AgilePM® Foundation v3 & Scrum Essentials

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Description



3 days



Accredited training



language of training: Polish or English



language of materials: Polish or English



AgilePM v3 - Important Information about version 3!

Our training is based on the AgilePM version 3 methodology. Due to the Accreditor's guidelines, as of **September 8, 2025**, all training and exams are conducted according to the **second, revised edition** of methodology v3.

Participants who completed their training **before September 7, 2025**, but will take their exam **after September 8, 2025**, should familiarize themselves with the changes introduced in the new edition, as provided by the Inprogress Training Organization Department.

Please note: In response to the needs of individuals certified in version 2, an **AgilePM® v2 to v3 Conversion Course** has been developed. **The course is designed for individuals who hold an AgilePM Foundation v2 or AgilePM Practitioner v2 certification.** After completing the Conversion course, holders of the AgilePM Foundation v2 certificate may proceed directly to the AgilePM Foundation v3 exam. Holders of the AgilePM Practitioner v2 certificate are required to complete the AgilePM Practitioner v3 training before being eligible to sit the Practitioner v3 exam.

The **AgilePM Foundation v3 & Scrum Essentials** training is based on the latest version of the methodology, updated in September 2025. It combines the agile project governance offered by the AgilePM approach and the agile approach to project delivery derived from the Scrum framework.

The training responds to the needs of professionals to ensure strong governance while applying an agile approach to producing project deliverables and relying on effective team collaboration.

The training lasts 3 days and consists of two main parts, carried out jointly:

1. Scrum Essentials (day 1), which offers basic knowledge about Scrum, which is the most popular agile framework in the world.
2. AgilePM Foundation (day 2 and 3), which is the internationally recognized standard in agile project management.

All of the above parts are mandatory.

Purpose of the training

- ✓ gaining knowledge of the basics of the AgilePM v3 methodology and the project life cycle carried out in accordance with it
- ✓ learning the benefits of working with the AgilePM approach
- ✓ understanding and learning how to adapt AgilePM to different project contexts
- ✓ gaining knowledge about Scrum: theory, practice, responsibilities and values defined in the Scrum Guide
- ✓ understanding the responsibilities of the Scrum Team and how they interact with each other and with others
- ✓ understanding how to build an effective team with the right skills and experience
- ✓ preparing for the certified Scrum Essentials and AgilePM Foundation v3 exam (taking the exams are voluntary)

Target group

- ✓ those wishing to learn about the principles, practices, the AgilePM and Scrum process and their purpose
- ✓ those with experience in Agile or wishing to acquire it
- ✓ current and future project managers, business representatives, project team members, team leaders who are interested in practical application of iterative and incremental project delivery based on collaboration
- ✓ current and future Scrum Team members, Scrum Masters, Product Owners, Developers

Benefits

- ✓ common understanding of what Agile and Scrum are and what values they are based on
- ✓ learning the basics of AgilePM and Scrum and how to scale approaches to different types of projects, also outside of IT and software development
- ✓ experience the practical benefits of working in Agile and Scrum, including delivering business value earlier than in traditional projects, supporting flexibility of operations and enabling adaptation to changing circumstances, reducing the risk of delivering poor quality products by using an incremental and iterative approach to their production, promoting transparency in team working
- ✓ opportunity to gain a globally recognised certificate in agile project management.

Exam and Certification

- ✓ non-mandatory exam,
- ✓ multiple-choice, single-response questions test,
- ✓ number of questions: 50,
- ✓ pass threshold: 50% (25 out of 50 possible points),
- ✓ language of the exam: English, Polish,
- ✓ duration: 40 minutes,
- ✓ mode: online (after online training) or in-person (after in-person training),
- ✓ date: the exam is held at the end of the 3rd day of training,
- ✓ closed book - no use of materials,
- ✓ validity of the certificate: indefinite,
- ✓ the participant who scores the necessary number of points in the exam is awarded the international certificate in electronic form.

Training programme

DAY 1 – Scrum Essentials

- ✓ Introduction to Scrum and Agile
- ✓ How does Scrum work?
- ✓ Scrum Team and its values
- ✓ Product Backlog
- ✓ Sprint and Sprint Planning
- ✓ Work in Sprint
- ✓ Sprint Review and Sprint Retrospective
- ✓ Backlog refinement and estimation
- ✓ Empiricism and the Lean concept

DAY 2 and 3 – AgilePM Foundation

- ✓ Introduction and Key Concepts
- ✓ Scrum Overview
- ✓ AgilePM Fundamentals
- ✓ Individuals and Interactions
- ✓ Collaboration and communication
- ✓ Project Lifecycle and Process
- ✓ Requirements, Estimating and Prioritization

- ✓ Planning and Control
- ✓ Risk Management
- ✓ Governance, Compliance and AgilePM Project Artifacts
- ✓ What`s next?

Methods and tools used in training

Training is conducted by **lecture and workshop** methods.

LECTURE PART	WORKSHOP PART
<p>It is conducted on the basis of a multimedia presentation prepared by the presenter and is enriched by the use of moderated discussion, exchange of participants' experiences and case studies.</p>	<ul style="list-style-type: none"> ✓ small group exercises, ✓ individual exercises, ✓ case studies, ✓ moderated discussion, ✓ exchange of experience among participants

The selection of the form and scope of training, supported by the professional and trainer's experience, ensures that participants **receive a comprehensive overview of the topics** and **acquire practical skills**.