

**Forward Momentum provides consulting, mentoring and training to commercial and government clients.**

In the current economic climate, it is especially important to understand and follow good management practices. Forward Momentum brings real-world experience to your environment to design custom solutions that will work for you. Don't waste your time on inappropriate tools!

**Services Provided Include:**

**Training:**

All PM courses qualify for PMP PDUs and contact hours. Plus, maintain PDUs painlessly with our monthly 2 hour Practical PDU Series®.

Training consists of 2 tracks:

**Project Management Track** – rather than focus on theory, our classes emphasize practical processes that work and include artifacts that can be immediately applied.

**Executive Track** – designed for the busy executive, these sessions are shorter and focus on management-specific needs.

**Consulting/Mentoring:**

Understanding the theory of how to do something is one thing, actually doing it well is another. You may not have the time in your organization to focus on or practice key areas. Let us help. Forward Momentum brings real-world experience to your environment to design customized solutions to your needs.

- » Templates
- » Processes
- » Manage or Assist in Projects
- » Establish or optimize a PMO
- » Troubled Projects
- » Facilitate Sessions
- » Issues Resolution
- » Supplemental Staffing

**Team Development:**

**In-Powering Teams and Individuals** – Gallup surveys show that only approximately 30% of the US workforce is 'engaged' in their work. Engaged employees are up to ten times more productive as the average worker. This program identifies the talents of individuals to help maximize their potential and maps the organization's strengths based on the innate potential of the collective group, thereby increasing productivity and the percentage of engaged workforce.

**Training** – Various training classes are available to raise awareness and help facilitate improvement of team engagement, productivity and morale.

Forward Momentum offers **TRAINING, CONSULTING or MENTORING** programs in:

- » Project Management
- » Leadership/Professional Skills
- » Process Improvement
- » Business Analysis
- » ITIL

- » To schedule your training or for more information, contact **Vicki Wrona** at [vwrona@forwardmomentum.net](mailto:vwrona@forwardmomentum.net) or call **972-489-2029**.
- » Free online resources including **White Papers, Blog** and **eNewsletter**.
- » Painlessly maintain PDUs with Forward Momentum's **Practical PDU Series®**. Attend monthly webinars to earn 2 PDUs per month.
- » See more about Forward Momentum: [www.forwardmomentum.net](http://www.forwardmomentum.net)

**Popular Courses:**

- » PMP® Exam Preparation Certification, 4 days
- » Managing Organizational Change, 1 day
- » Building High Performing Teams, 1 day
- » High Impact Customer Service, 1 day
- » Project Portfolio Management, 2 days
- » Leadership Lessons That Work, 3 days
- » Practical Project Management in Today's Complex World, 3 days
- » The PMO: Developing and Leading the Project Delivery Organization, 2 days
- » Writing Effective Statements of Work, 1 day
- » Managing Vendor Performance, 1 day
- » Project Triage: Rescuing Troubled Projects, 2 days
- » Managing Difficult Personalities, 1 day
- » Leading Productive Meetings, 1 day
- » Become a Great Negotiator! 2 days

**Six Ways Forward Momentum Can Help Your Organization:**

- 1 Project Management Training
- 2 Practical PDUs
- 3 Custom Templates and Processes
- 4 PMO Consulting and Support
- 5 Rescuing Troubled Projects
- 6 Team Building and Individual Coaching