

Forward Momentum classes can be delivered traditionally, virtually or as recorded self-paced sessions, and are offered in several broad categories:

- Project Management
- Advanced Project Management
- Leadership
- Communications
- Seminars

Seminars are sessions in all categories that are less than 1 day in duration. If any of our programs interest you but you need a *different duration*, please let us know.

Project Management		
Code	Course Name	Dur
1100	Introduction to Project Management	1d
1101	Project Management Discovery	1d
1105	Aligning Expectations: Effective Project Planning and Estimating	1d
1110	Scope Definition and Management	1d
1115	Tracking and Control	1d
1120	Putting the Cart AFTER the Horse: Project Scope and Schedule Development	1d
1150	Taking Charge of Organizational Change	1d
1192	Managing Multiple Projects	1d
1300	Practical Project Management in Today's Complex World	3d
1340	Power Requirements: From Process Map to Requirements Documents	1d
1560	Project Risk Management	2d

Advanced Project Management		
Code	Course Name	Dur
1190	Project Portfolio Management Discovery	1d
1310	PMP ^(R) Certification Exam Prep	4d
1320	Project Triage: Rescuing Troubled Projects	2d
1578	SDLC Fundamentals for Project Managers	2d
1590	Project Portfolio Management	3d
1595	A Hands-On Approach to Program Management	3d
1599	The PMO: Developing and Leading the Project Delivery Organization	2d

You are also invited to explore our website at www.forwardmomentum.net. On our site you will find free **white papers** and a variety of **blog posts** from business leaders, project managers, training experts and more. Join us in exploring management, project management and leadership-related discussions.

Leadership		
Code	Course Name	Dur
1143	Developing High-Performance Teams	1d
1144	High Performance Customer Service	1d
1145	Vendor Performance Management	1d
1400	Leadership Lessons That Work	4d
1410	Become a Great Negotiator!	2d
1420	Don't <i>Deal</i> With Difficult People -- Learn to <i>Work With</i> Them	1d
1423	Multigenerational Management	1d
1435	Effective Facilitation Skills	1d
1435b	Leading Productive Meetings	1d

Communications		
Code	Course Name	Dur
1140	Principles of Effective Communication	1d
1141	Business Writing for Results: Getting What You Want	1d
1165	Presenting Your Project: Writing Targeted Business Cases	1d
1166	Getting What You Need: Creating an Effective Statement of Work	1d
1450	Results Oriented Communication	1d
1455	Beyond the Words: Using Communication Techniques For Business Success	1d

Seminars		
Code	Course Name	Dur
1132	Project Recovery: Digging Yourself Out	2h
1139	A Simple Exercise to Build Powerful Communication Skills	1h
1146	Did You Really Mean That?	2h
1155	How to Manage Email	4h
1167	Statement of What?	2h
1191	Managing Multiple Projects	2h
1342	Requirements Management	2h
1549	Unlocking the Value and Benefits of Project Management: Working Within Organizational Limitations	4h
1572	Balancing Innovative Strategy, Quality and Constraints	2h
1425	Managing Difficult Personalities	2h
1432	Dealing with Conflict	2h
	Lessons From Great Projects in History	2h
	Customs of the World: Comparing Cultural Norms Using NLP	4h
	Peace is Overrated: How to Address Conflict	1h
	Enterprise Collaboration Tools: Don't Be a Red Shirt	1h
	NLP: What Are You Really Saying?	1h
	PMP® or CAPM® Certification Exam and Study Tips	1h