

# SOAR Professional Development & Customized Training Catalog of Courses

SOAR offers a comprehensive suite of professional development workshops designed to elevate organizational performance at every level!

At the front of this catalog, you'll find our fully customizable workshops—flexible, high-impact sessions that can be tailored to meet the unique needs of your teams and strategic goals. Toward the end, you'll discover courses aligned with professional credentialing requirements, including CAPM®, PMP®, PMI-ACP®, and CCMP™, giving your organization the opportunity to develop critical skills and earn globally recognized certifications.

Whether you're strengthening leadership capability, building high-performing teams, or preparing employees for key industry exams, SOAR provides engaging, actionable learning experiences that drive real results. **Don't see what you're looking for?** Contact SOAR to request a custom training session designed specifically for your organization!

## CUSTOMIZEABLE WORKSHOPS

### **Artificial Intelligence: Foundations, Decision Making, and Real-World Application**

This training course, Artificial Intelligence: Foundations, Decision Making, and Real-World Application address key aspects of the emerging AI trends and future uses. It provides both up to date information and interactive practice with an AI specialist. It is designed to support staff in applying emerging technologies, managing transitions to new ways of doing business, and contributing oversight, accountability, and process improvement.

### **Building Effective Habits for Personal and Professional Success**

Are you ready to take your effectiveness to the next level and achieve your goals with greater clarity and purpose? This course is designed to examine your habits and learn practical strategies to integrate them into your daily life to achieve growth and success. With interactive discussions, real-world examples, and actionable insights, you'll gain the tools and confidence to unlock your full potential and become a highly effective person and learn how they apply to your role as a leader. Gain insight into the implications for each of the habits as a leader and learn practical skills you can incorporate into the way you work.

### **Practical Skills to Overcome Team Dysfunction**

“Why do I dread attending my weekly team meeting?” “We’re all so talented, why do we keep missing our deadlines?” In this course, you'll learn how to answer those questions as we discuss concepts to help you determine what is holding your team back and practical strategies to break down the wall of dysfunction to foster better collaboration and achieve better outcomes.

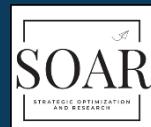
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## Improving Organizational Performance Outcomes

Improving performance outcomes is important to any organization. However, it sometimes becomes difficult to maintain a high level of positive performance when going through a transitional period. In this course you will learn how to identify critical performance outcomes that are measurable and align with your organization's mission and vision; develop a plan of action to address performance outcomes and establish methods for measuring achievement of those performance outcomes.

## Adapting to Change

Learn to navigate change head is a crucial skill for both personal and professional success. In this course, you'll explore the principles of navigating change and learn the skills necessary to adapt to change, recognize opportunities to explore new paths, overcome the fear and stress of change and learn from change to grow personally and professionally. Through engaging discussions using real-world examples and exploring new tools, you'll gain confidence in your ability to enjoy the change process.

## Build A New Roadmap to Success Using Strengths

What makes someone a leader? How can we build teams that are effective? Those are important questions for organizations looking to rise above the competition. In this course you will learn how to identify the strengths of your team members, how to leverage those strengths to balance your team and why people follow leaders.

## Creating Impactful Professional Career Goals

Learn to navigate change head is a crucial skill for both personal and professional success. In this course, you'll explore the principles of setting your professional goals in alignment with TSC's mission/vision as the "College of Choice". You'll learn the skills necessary to align your highest professional acumen with recognizing the opportunities to explore new paths, overcome the fear and stress of change and learn from change to grow personally and professionally. Through engaging discussions using real-world examples and exploring new tools, you'll gain confidence in your ability to enjoy the change process.

## Empower Your Team to Speak!

Imagine a workplace where everyone, even the least senior employees, feels connected to the company and its goals; a workplace where every opinion is valued, and everyone feels an obligation to speak their mind. This course examines how to encourage and develop a more collaborative environment and culture in your organization with practical skills you can apply immediately.

## Growing Your Leadership Skills

Discover the essential behaviors and practices of effective leadership. Through engaging discussions and application exercises, you will learn how to develop individuals and cultivate effective and resilient teams. In this course, you'll learn how to deal with key leadership

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situations as we discuss concepts to help you determine what can be holding you or your team back. We will finish with practical strategies to break down the wall of dysfunction to foster better collaboration and achieve better outcomes.

## **Mindful Time Management**

Enhance your productivity and reduce stress with mindful time management techniques. This course introduces strategies to help you prioritize tasks, stay focused, and maintain balance in a busy work environment. Participants will explore mindfulness practices, tools for efficient task management, and methods for overcoming procrastination, enabling them to make the most of their time while maintaining well-being. Perfect for professionals seeking to boost efficiency while reducing burnout and stress.

## **Providing Strategies for Career Growth**

Are you ready to take your effectiveness to the next level and achieve your goals with greater clarity and purpose? This course is designed to examine your habits and learn practical strategies to integrate them into your daily life to achieve growth and success. With interactive discussions, real-world examples, and actionable insights, you'll gain the tools and confidence to unlock your full potential and become a highly effective leader and learn how they apply to your role as a leader. Gain insight into the implications for each of the habits as a leader and learn practical skills you can incorporate into the way you work. You will learn how to identify critical performance outcomes that are measurable and align with your organization's mission and vision; develop a plan of action to address performance outcomes and establish methods for measuring achievement of those performance outcomes.

## **Virtual Collaboration and Remote Work**

Master the skills needed to excel in remote or hybrid work environments with this course on virtual collaboration. Participants will learn best practices for managing virtual teams, fostering communication, and maintaining productivity across digital platforms. The course covers strategies for building trust, enhancing collaboration, and overcoming challenges inherent in remote work settings. Perfect for professionals and leaders who want to maximize effectiveness in virtual or hybrid work situations.

**Navigating Storms: Mastering Change Without the Chaos** Change is inevitable in every organization, but chaos doesn't have to be. Whether it's new technology, restructuring, policy updates, or shifting priorities, most workplace stress comes not from the change itself, but from feeling unprepared and unsupported through the transition. This workshop gives you proven strategies to lead confidently through any organizational shift while keeping your team engaged and productive. You'll learn how to spot resistance before it derails progress, communicate with clarity when everything feels uncertain, and work alongside other leaders to create stability in the storm. Instead of dreading the next big change announcement, you'll have a practical toolkit that turns.

## **Project Management: A Primer**

In this information session, participants will gain a high-level understanding of the principles of project management through the lens of the Project Management Body of Knowledge (PMBOK)<sup>®</sup>. Session topics include defining a project, the phases of the project life cycle,

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PMBOK knowledge areas, strategies for organizing project tasks, setting goals, developing a plan to manage the aspects of a project and monitoring project progress. At the end of the session, participants can decide if they wish to pursue the PMP Certification® Boot Camp to earn their PMP credential. This session is great for beginners who want to understand what project management is and for those seeking a refresher.

## Agile Principles and Practices: A Primer

Unlock the power of agile methodologies to boost problem-solving efficiency and adaptability in the workplace. This session provides hands-on techniques to tackle complex challenges, streamline decision-making, and deliver faster results. Participants will explore agile frameworks, such as Scrum and Kanban, and learn how to apply them to real-world scenarios, improving team collaboration and flexibility in fast-changing environments. At the end of the session, participants can decide if they wish to pursue the PMI-ACP Certification® Boot Camp to earn their PMI-ACP credential.

## Organizational Change Management for Transformation: A Primer

This course is designed to cover key concepts of organizational transformation and change management. Participants will learn how to navigate the key process areas that need to be considered during change and will be introduced to tools and resources that are most appropriate to achieve the desired change outcomes. This session includes a hands-on application with quizzes and a review of resources for those who may be interested in taking the CCMP Certification® bootcamp course. At the end of the session, participants can decide if they wish to pursue the CCMP Certification® Boot Camp to earn their CCMP credential.

## PROFESSIONAL CREDENTIALIZATION COURSES

Ready to elevate your team's expertise and help them earn some of the most respected credentials in the industry?

SOAR's professional certification courses—qualified through PMI's **Authorized Training Partner (ATP)** program and ACMP's **Qualified Education Provider (QEP)** program—prepare participants for globally recognized exams including **CAPM®, PMP®, PMI-ACP®, and CCMP®**. Each course delivers the required training to qualify for the certification exam along with practical, real-world insights that build confidence and mastery. We break down complex concepts into clear, engaging learning experiences that empower professionals to lead successful projects, embrace agile mindsets, and guide transformational change.

With SOAR's expert facilitators and immersive approach, your organization can unlock the talent, credibility, and competitive edge that come with certified professionals.



### CAPM Certification® Boot Camp (23 hours)

The CAPM® Certification Boot Camp course is designed to qualify participants to sit for the CAPM® certification exam. In this course, participants will learn project management fundamentals, predictive plan-based methodologies, agile principles and methodologies and concepts of business analysis. Through hands-on activities and instructor-led course content, participants will

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develop a deep knowledge of project management and learn practical skills to help pass the CAPM® certification exam.

### **PMP Certification® Boot Camp (35 hours)**

Prepare to pass the Project Management Professional (PMP)® exam with confidence. This course is designed to qualify and prepare candidates for the PMP Certification® examination. Participants will cover the topics aligned to the PMP Certification® Exam Content Outline, explore the domains of People, Process and Business Environment, review and discuss real-world case studies, complete practice exams, review the process for completing a certification exam application and learn study tips to pass the exam. Whether seeking a qualifying course to earn your PMP or PDUs to maintain your PMP, this course will deliver.

### **PMI-ACP Certification® Boot Camp (28 hours)**

Prepare to earn your PMI Agile Certified Practitioner (PMI-ACP)® certification with this in-depth exam prep course. Covering Agile principles, frameworks, and real-world applications, this course helps participants master key exam topics such as Agile planning, stakeholder engagement, and adaptive risk management. Includes practice questions, test-taking strategies, and study resources to ensure exam success. This course is aligned with the PMI-ACP Exam Content Outline.

### **CCMP® Certification Boot Camp (21 hours)**

This course is designed to qualify participants to sit for the CCMP Certification Exam®. In this course, participants will do a deep-dive into the five process groups of the ACMP Standard for Change Management and their application to real-world case studies, observe how to select the best tools for each sub-process, review the ACMP Change Management Code of Ethics, discuss the application process for the CCMP Certification® exam, and cover tools, tips and tricks to prepare for the exam.

## **READY TO TAKE THE NEXT STEP IN STRENGTHENING YOUR ORGANIZATION'S TALENT AND PERFORMANCE?**

Connect with SOAR to schedule your training and bring high-impact learning directly to your teams. Whether you're customizing a workshop or preparing staff for professional certification, our experts are here to help you design the right solution. Reach out today—and let's start building the skills, confidence, and capability your organization needs to SOAR!

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