

NAVIGATING COMPLEX PROJECTS: DEVELOPING RESILIENCE IN CHALLENGING SITUATIONS

“Build Project Resilience and Strategic Agility to Deliver Success Under Pressure”

Schedule

Date	Venue	Fees (Face-to-Face)
13 - 17 Apr 2026	Dubai - UAE	USD 3495 per delegate

► **Available delivery methods:** Face-to-Face & Online Training

Introduction

In today’s volatile, uncertain, complex, and ambiguous (VUCA) environment, project managers are increasingly required to deliver outcomes despite constraints, disruptions, and rapidly shifting priorities. The ability to navigate complexity and build resilience is becoming a core competency for project success.

This 5-day training program is designed to help project professionals master the tools, strategies, and mindset needed to manage complexity and lead confidently in uncertain conditions. Participants will explore systems thinking, stakeholder dynamics, scenario planning, and crisis response—all while developing personal and team resilience to thrive under pressure.

Objectives

By the end of this course, participants will be able to:

- Identify complexity drivers in modern projects and assess their impact
- Apply systems thinking to map interdependencies and risks
- Build personal and team resilience to cope with uncertainty
- Develop adaptive strategies to manage stakeholder dynamics and evolving scope
- Implement decision-making frameworks for high-risk, high-stakes scenarios

Why Attend

- Strengthen your ability to manage uncertainty, volatility, and ambiguity
- Improve stakeholder communication in high-pressure environments
- Learn to lead teams through crises and setbacks with confidence
- Transform complexity into an advantage with strategic thinking
- Enhance your value as a project leader equipped for the modern era

Target Audience

This program is designed for:

- Project and program managers
- PMO leaders and transformation managers
- Risk and change management professionals
- Team leaders and technical experts in project environments
- Anyone managing complex, high-impact, or multi-stakeholder initiatives

Individual Benefits

Key competencies that will be developed include:

- Complexity management and critical systems analysis
- Resilience building for self and teams under stress
- Adaptive planning, scenario modeling, and contingency design
- Conflict resolution and stakeholder engagement during uncertainty
- Confidence in leading through disruption and change

Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Improved success rate in complex or high-risk projects
- Stronger project resilience and recovery capacity
- Greater agility in managing evolving client and business needs
- Enhanced leadership bench strength in times of disruption
- More engaged and adaptable project teams

Instructional Methodology

The course follows a blended learning approach combining theory with practice:

- Strategy Briefings - Complexity theory, resilience science, and project frameworks
- Case Studies - Real-world examples of resilient project leadership
- Workshops - Project simulations, scenario planning, and conflict mapping
- Peer Exchange - Sharing experiences from complex projects across industries
- Tools - Resilience scorecards, stakeholder matrices, and contingency templates

Course Outline

Training Hours: 7:30 AM – 3:30 PM **Daily Format:** 3-4 Learning Modules | Coffee breaks: 09:30 & 11:15 | Lunch Buffet: 01:00 – 02:00

Day 1: Understanding Complexity in Projects

- Module 1: The Nature of Complex Projects (07:30 – 09:30) • Types of complexity – technical, stakeholder, contextual
- Module 2: Systems Thinking for Project Leaders (09:45 – 11:15) • Causal loops, feedback, and network mapping
- Module 3: Workshop – Complexity Mapping Exercise (11:30 – 01:00) • Visualize project interdependencies and uncertainty
- Module 4: Strategic Framing in VUCA Environments (02:00 – 03:30) • Aligning scope, vision, and flexibility

Day 2: Building Project and Team Resilience

- Module 1: Foundations of Personal and Team Resilience (07:30 – 09:30) • Cognitive, emotional, and behavioral resilience
- Module 2: Stress Management and Emotional Intelligence (09:45 – 11:15) • Techniques for managing burnout and uncertainty
- Module 3: Workshop – Resilience Self-Assessment (11:30 – 01:00) • Evaluate personal strengths and improvement areas
- Module 4: Leading Teams in High-Stress Situations (02:00 – 03:30) • Psychological safety, communication, and recovery

Day 3: Adaptive Project Planning and Scenario Thinking

- Module 1: Scenario Planning for Resilient Strategy (07:30 – 09:30) • Developing multiple futures and pivot strategies
- Module 2: Contingency and Crisis Planning (09:45 – 11:15) • Creating fallback plans and rapid response models
- Module 3: Workshop – Scenario-Based Project Planning (11:30 – 01:00) • Apply scenarios to adjust milestones and actions
- Module 4: Project Resilience Metrics and Triggers (02:00 – 03:30) • Early warning indicators and control systems

Day 4: Stakeholder Management in Complexity

- Module 1: Complex Stakeholder Dynamics (07:30 – 09:30) • Influence mapping and expectation alignment
- Module 2: Conflict Resolution in Uncertain Projects (09:45 – 11:15) • Tools for surfacing and addressing tension
- Module 3: Workshop – Stakeholder Influence Matrix (11:30 – 01:00) • Analyze and re-strategize engagement plans
- Module 4: Communicating Under Pressure (02:00 – 03:30) • Framing messages in volatile situations

Day 5: Leadership and Execution in Challenging Environments

- Module 1: Decision-Making Under Pressure (07:30 – 09:30) • Rapid assessment, prioritization, and course correction
- Module 2: Workshop – Leading a Project Crisis Simulation (09:45 – 01:00) • Navigate a simulated disruption with live feedback
- Module 3: Final Review and Action Planning (02:00 – 03:30) • Personal action plans and resilience development pathways

Certification

Participants will receive a Certificate of Completion in Navigating Complex Projects, validating their capability to lead complex projects, foster team resilience, and adapt strategies effectively in high-stakes and uncertain environments.

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