

Adeel Ahmad

PMP, PMI-ACP, CSM, ITIL v3, Prince2

Certified Generative AI in Project Management

📞 609.373.9352

✉ adeel.ahmad@hotmail.com

www.linkedin.com/in/TheAdeel

<https://AdeelsPortfolio.github.io>

PMO Specialist & Leader | Senior Program & Project Management Expert

A seasoned PMO Director with over 22 years of experience driving the success of large-scale transformation programs, leading the setup, optimization, and execution of Project Management Offices (PMOs) to enhance operational productivity, efficiency, and growth. Demonstrated success in leading teams, fostering collaboration across stakeholders, and translating strategic goals into actionable plans that deliver measurable value. Strong background in process mapping, performance improvement, and managing complex projects in diverse, demanding environments. Adept at overseeing governance, risk management, and value realization for enterprise-wide initiatives.

Recently, has leveraged expertise in Generative AI to drive innovation and efficiency within project management practices. Successfully integrated GenAI-powered tools to automate project reporting, enhance resource forecasting, and improve risk analysis, resulting in faster decision-making and higher project success rates. Led initiatives to upskill PMO teams on AI adoption, embedding GenAI solutions into workflows to streamline communication, optimize scheduling, and provide predictive insights for project delivery. These efforts have consistently improved project outcomes and elevated the strategic value of the PMO in supporting organizational goals.

Core Competencies

- Adopting GenAI in Project Management
- Agile, Waterfall, and Hybrid Methodologies
- Stakeholder Communication & Collaboration
- Process Mapping
- KPIs & Performance Improvement
- Strategic Planning & Execution
- Program/Project Lifecycle Management
- PMO Governance & Oversight
- PMO Set-up
- Future Trends & Innovations
- Value Stream Optimization
- Sprint Planning & Requirements Gathering
- AI Tools for Project Management

Professional Experience

PMO Director | State of New Jersey | Trenton, NJ | 2020 – Present

- Automating PMO planning and operations through Generative Artificial Intelligence
- Utilizing Gen. AI for resource optimization, project scheduling, project charter, data analysis, risk management
- Enhancing PMO dashboard with real time data and reporting through the use of Gen. AI
- Spearheaded the setup and governance of the PMO, increasing cross-department collaboration and ensuring transparency across multiple projects.
- Established project intake, prioritization, and approval workflows to streamline operations and increase program delivery success rates by 25%.
- Directed a team of 10 PMOs, driving process improvements and providing mentorship to project managers.
- Successfully facilitated executive-level communications to ensure alignment with strategic goals and led regular steering committee meetings to resolve risks and issues.
- Implemented process mapping and performance metrics, resulting in a 15% increase in operational efficiency.

Adeel Ahmad, PMP, PMI-ACP, CSM, ITIL, Prince2, Gen. AI in Project Management

PMO Lead | Deloitte | Remote | 2021

- Managed PMO governance and portfolio reporting for a premium account, ensuring high-quality delivery of projects, and maintaining alignment with strategic goals.
- Introduced Key Performance Indicators (KPIs) and managed RAID logs to track risks, assumptions, issues, and dependencies, reducing project risks by 30%.
- Oversaw cross-functional stakeholder collaboration, translating business needs into actionable project plans.
- Directed release planning and ensured timely delivery of key initiatives aligned with business objectives.

PMO Director | Hackensack Meridian Health | Hackensack, NJ | 2019 – 2020

- Implemented a Program Increment (PI) planning process for IT projects, enabling the smooth delivery of critical initiatives within tight timelines.
- Introduced Agile methodologies and led Scrum teams, increasing project delivery speed by 20%.
- Improved resource allocation by 50% through enhanced forecasting and tracking, reducing overall project costs.
- Led change management initiatives, driving effective communication across the organization and increasing stakeholder satisfaction by 25%.

PMO Director | Univar Solutions | Downers Grove, IL | 2018 - 2019

- Directed the PMO for digital transformation initiatives, successfully growing digital sales from \$300 million to \$1 billion by consolidating and streamlining PMO operations.
- Managed resource allocation across multiple global projects, improving project throughput and customer satisfaction.
- Collaborated closely with technology teams and vendors to ensure that projects met the desired business goals, driving efficiency and reducing risks by 10–25%.

PMO Director | Quest Diagnostics | West Norriton, PA | 2016 – 2018

- Provided leadership, organization, and coordination to support PMO's key activities, encompassing full lifecycle of projects including program planning, governance, and project management
- Contributed to and mentored professionals in PMO office with over 100 resources and managed development of innovative software systems and applications
- Managed project schedules and task details and utilized project management tools such as reports, checklists, tracking charts, and project scheduling software, delegating appropriately
- Oversaw change and took active leadership in timely and reasoned decision-making
- Functioned as Senior Agile Project Manager for large, global, cross-functional projects. Ensured that all projects were adhering to GxP standards

Senior Program Manager | UnitedHealth Group | Horsham, PA | 2015 - 2016

- Coordinated multi-year product roadmap planning and execution in partnership with leadership and Agile and Waterfall teams
- Managed program schedule, cross-team interdependencies, risks, issues, costs, and action items, both within and external to Agile framework, including identification and resolution of organizational impediments
- Maximized control on project finances by generating financial plans and reports for projects and programs, monitoring status reports for all application and project managers, and conducting weekly meetings to confirm actuals within approved budget and change requests

Adeel Ahmad, PMP, PMI-ACP, CSM, ITIL, Prince2, Gen. AI in Project Management

Senior Project Manager | Bristol-Myers Squibb | Plainsboro, NJ | 2010 – 2014

- Worked as the single point-of-contact for all research, risk assessment, and delivery plans for all web application-based projects
 - Established onboarding and offboarding process lessening process cost by 35%
 - Transformed internal IT team to directly support internal clients' needs within company rather than utilizing outsourced teams and external partners, bringing 96% additional business to company vs. outsourcing
-

Additional experience as Project Manager for SAP America, Newtown Square, PA (2004-2009)

Technical Proficiencies with the following Program Management related applications

• ClickUp	• Asana	• Motion	• Monday	• ServiceNow
• Microsoft Project	• Clarity	• Confluence	• Jira	• SharePoint
• Power Bi	• Smartsheet	• Visio	• Rally	• Trello

Education and Credentials

Bachelor in Business Administration, & Computer Science - Rider University, Lawrenceville, New Jersey
Master in Business Administration (MBA) - Coventry University, United Kingdom

Certifications (All are active)

- PMI Project Management Professional (PMP)
- Certified Scrum Master (CSM)
- Prince2 Foundation
- Certified Gen. AI in Project Management
- PMI Agile Certified Practitioner (PMI-ACP)
- ITIL

Work Authorization: U.S. Citizen