

# 9. Project Management

A diverse group of business professionals in an office setting. In the foreground, a woman with dark curly hair, wearing a grey blazer, is smiling and looking down at a large document she is holding. To her left, a woman with blonde hair is also smiling and looking at the document. Behind them, a man in a suit and a red striped tie is visible. To the right, another woman with blonde hair is smiling. The background shows a modern office with blue-tinted glass partitions. The title '9. Project Management' is overlaid in a large, bold, black font on a semi-transparent white rectangular background.

# Exercise: Analyzing Scope, Resources, and Time

Think about your recent projects and how you handled the big three: what you were doing (scope), what you had to work with (resources), and how long you had (time).

1. Remember a project where different departments wanted different things? How did you all work it out?
2. Have you been on projects where the team regularly talked about scope, resources, and time? Who ran these check-ins, and how did they help the project?
3. For the projects you're working on right now, have you and your team recently taken a step back to look at what you're trying to do, what you're working with, and your timeline?

# Project Pressure Management Exercise

So, here's a little exercise to help you reflect on how you've managed high-pressure projects in the past:

1. Think about a tough project you worked on. What was the task, and why was it so stressful?

2. What management techniques did you use? Did they help ease the team's stress and move the project forward?

3. If you were in charge, what other methods from this advice would you have tried?

4. After the project was done, did the team get time to unwind? What activities helped?

5. How will you make sure your team gets to celebrate and recover after future high-stress projects?