**Heroku Training Course Outline:**

1. Introduction to Heroku

2. Setting up Heroku

3. Creating App (Java) and Deploying on Heroku

4. Using Add ons and Marketplace apps/components

5. How to use config vars in Heroku

6. Making PostgreSQL connection

7. Data integration with Salesforce

8. Troubleshooting Heroku and Provisioning Rollbar Dashboard

9. Scalability and Handling Traffic

10. Heroku and Redis

11. Introduction to Kafka

12. Security - Heroku Shield

13. Using Enterprise Teams feature of Heroku

14. Revision

15. One on One Meeting to clarify any doubts

16. Technical Evaluation