

**COURSE OVERVIEW IT0205**  
**COBIT 2019 Foundation Certificate**  
*(ISACA Exam Preparation Training)*

**Course Title**

COBIT 2019 Foundation Certificate  
*(ISACA Exam Preparation Training)*

**Course Date/Venue**

Session 1: July 20-24, 2026/TBA Meeting Room,  
 Royal Rose Hotel, Abu Dhabi, UAE  
 Session 2: October 12-16, 2026/TBA Meeting  
 Room, Royal Rose Hotel, Abu Dhabi,  
 UAE



**Course Reference**

IT0205



**Course Duration/Credits**

Five days/3.0 CEUs/30 PDHs

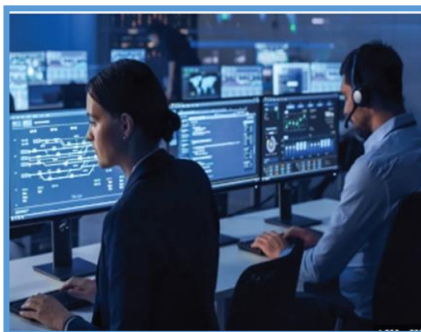
**Course Description**



***This practical and highly-interactive course includes real-life case studies where participants will be engaged in a series of interactive small groups and class workshops.***



This course is designed to provide participants with a detailed and up-to-date overview of COBIT 2019 Foundation Certificate. It covers the IT governance and management, COBIT framework and COBIT principles; the governance and management objectives, components of the governance system and governance framework design; the governance and management objectives in detail; the management domain, components of a governance system and goals cascade mechanism; and the performance management in COBIT, roles and responsibilities in COBIT and design factors in COBIT.



During this interactive course, participants will learn the governance system design workflow and COBIT implementation guide; the risk management, information and technology alignment and COBIT performance management (CPM); the process capability assessment, COBIT focus areas and integration with other frameworks; the COBIT terminology, governance versus management recap, domains and objectives recap and design factors recap; the internal audit alignment with COBIT, control evaluation, assurance mapping and reporting to board and executives; and the governance in digital enterprises, emerging technology considerations, data governance. and information security governance.

## Course Objectives/Outcomes & Benefits for the Participants

Upon the successful completion of this course, each participant will be able to:-

- Get prepared for the next COBIT 2019 Foundation exam and have enough knowledge and skills to pass such exam in order to get the certification from the Information Systems Audit and Control Association (ISACA)
- Discuss IT governance and management, COBIT framework and COBIT principles
- Recognize governance and management objectives, components of the governance system and governance framework design
- Explain governance and management objectives in detail, management domain, components of a governance system and goals cascade mechanism
- Discuss performance management in COBIT, roles and responsibilities in COBIT and design factors in COBIT
- Describe governance system design workflow and COBIT implementation guide
- Apply risk management, information and technology alignment and COBIT performance management (CPM)
- Carryout process capability assessment, COBIT focus areas and integration with other frameworks
- Discuss COBIT terminology, governance versus management recap, domains and objectives recap and design factors recap
- Apply internal audit alignment with COBIT, control evaluation, assurance mapping and reporting to board and executives
- Discuss governance in digital enterprises, emerging technology considerations, data governance and information security governance

## Exclusive Smart Training Kit - H-STK®



Participants of this course will receive the exclusive “Haward Smart Training Kit” (H-STK®). The H-STK® consists of a comprehensive set of technical content which includes **electronic version** of the course materials conveniently saved in a **Tablet PC**.

## Who Should Attend

This course provides an overview of all significant aspects and considerations of COBIT foundation for IT managers, IT governance professionals, IT auditors, risk and compliance officers, information security professionals, internal and external auditors, business process owners, IT consultants, project managers, quality assurance professionals, IT service management professionals, senior management and executives involved in IT oversight and other technical staff.

## Exam Eligibility & Structure

None

**ISACA Certificate(s)**

- (1) ISACA COBIT Foundation Certificates will be issued to participants who successfully passed the ISACA exam.




- (2) Official Transcript of Records will be provided to the successful delegates with the equivalent number of ANSI/IACET accredited Continuing Education Units (CEUs) earned during the course.




**Certificate Accreditations**

Haward’s certificates are accredited by the following international accreditation organizations: -

-  British Accreditation Council (BAC)

Haward Technology is accredited by the **British Accreditation Council** for **Independent Further and Higher Education** as an **International Centre**. Haward’s certificates are internationally recognized and accredited by the British Accreditation Council (BAC). BAC is the British accrediting body responsible for setting standards within independent further and higher education sector in the UK and overseas. As a BAC-accredited international centre, Haward Technology meets all of the international higher education criteria and standards set by BAC.

-  The International Accreditors for Continuing Education and Training (IACET - USA)

Haward Technology is an Authorized Training Provider by the International Accreditors for Continuing Education and Training (IACET), 2201 Cooperative Way, Suite 600, Herndon, VA 20171, USA. In obtaining this authority, Haward Technology has demonstrated that it complies with the **ANSI/IACET 2018-1 Standard** which is widely recognized as the standard of good practice internationally. As a result of our Authorized Provider membership status, Haward Technology is authorized to offer IACET CEUs for its programs that qualify under the **ANSI/IACET 2018-1 Standard**.

Haward Technology’s courses meet the professional certification and continuing education requirements for participants seeking **Continuing Education Units** (CEUs) in accordance with the rules & regulations of the International Accreditors for Continuing Education & Training (IACET). IACET is an international authority that evaluates programs according to strict, research-based criteria and guidelines. The CEU is an internationally accepted uniform unit of measurement in qualified courses of continuing education.

Haward Technology Middle East will award **3.0 CEUs** (Continuing Education Units) or **30 PDHs** (Professional Development Hours) for participants who completed the total tuition hours of this program. One CEU is equivalent to ten Professional Development Hours (PDHs) or ten contact hours of the participation in and completion of Haward Technology programs. A permanent record of a participant’s involvement and awarding of CEU will be maintained by Haward Technology. Haward Technology will provide a copy of the participant’s CEU and PDH Transcript of Records upon request.

**Accommodation**

Accommodation is not included in the course fees. However, any accommodation required can be arranged at the time of booking.



**Course Instructor(s)**

This course will be conducted by the following instructor(s). However, we have the right to change the course instructor(s) prior to the course date and inform participants accordingly:



**Dr. Peter Lalos, PhD, MSc, BSc, is a Senior IT, Telecommunications, Control & Electronics Engineer & Accounting & Finance Consultant with over 30 years of extensive experience in the areas of Power BI Desktop, Power Query, Automated BI Reports, Data Modelling, PowerPivot, PowerView, Calculated Columns & Measures using DAX, Developing & Embedding Transparent & Maintainable Business Logic, Asymmetric Reporting, M Language within Power Query, SAP BI, Business Intelligence Technologies, Data Label Communication, Data Integration Techniques, Big Data Techniques, Advanced Database Management Systems, Artificial Intelligence, AI & Data Governance, AI in Data Management, Network Security, IT Performance Management, IT Performance Success Factors, Critical Factors for IT Performance, IT Metrics Management, IT Matrix & Protocols, IT Service Management, IT Service Management Strategy, Information Technology Architectures, IT Disaster Recovery & Planning, IT Risk Management Concepts, IT Risk Management Standard Approaches, IT Risk Management Planning, IT Risk Identification, IT Risk Monitoring & Control, Understanding & Contributing to Company's IT Strategy, E-Communication & Collaboration Skills, Financial Analysis Techniques, Financial Analysis, Evaluation & Budgeting, Financial Analysis, Budgeting & Feasibility Study, Financial & Accounting Management, Financial Accounting Principles, Accounting Principles & Framework, Accounting Policy Framework, Accounting & Financial Strategy, Accounting & Performance Measurement, General Accounting, Control & Internal Auditing, Operational & Financial Auditing, Finance & Accounting Principles, Fund & Accounting Procedures, Financial Statements Review, Accounts Payable Management, Virtual Communication, Social Networking, Business Intelligence Tools, Application Architecture, Logical Applications, Interfaces & Services, Logical & Physical Components, Portfolio Management, Application Security, Application Integration Technologies & Strategies, Solution Architecture Patterns, Web Applications & Services, Mobile & Cloud Applications, Blended Learning Programs, Web Programming, E-Commerce Strategies, Web Design, HCI, 3D Animation, Multimedia Design, Gamification Techniques and Internal & External Auditing. Further, he is also well-versed in ACAD, ASP, PHP, JSP, MS Visual Studio, VB.NET, ASP.NET, Moodle administration, Design & Development, WAMP & LAMP, Oracle Design, Oracle JDeveloper, Oracle 11g, PL/SQL, MS SQL Server, MySQL, MS Access, HTML5, CSS, XML, XSD/ XSL, JavaScript, Ajax, Angular, jQuery, Web Services Adobe Suite, MS Office 2013, IIS Servers, MS Exchange Server & Apache Tomcat, Open Source CMS Expert (Xaraya, Joomla, Mambo) & Module Development, Open Source E-commerce Expert (oscommerce, Joomla & Virtuemart) and Module Development. Currently, he is the IT Instructor/Subject Matter Expert and Course Developer of the University of Liverpool, UK, wherein he lectures various courses in Information Systems Program and develop courses in Information Technology project management and security risk management.**

During his career life, Dr. Lalos has gained his practical and field experience through his various significant positions and dedication as the **IT Manager, Bid Manager & S/W Developer, Project Manager, E-Learning Software Manager, Finance Manager, Scrum Master, IT Professor, IT Lecturer/Trainer, Telecommunications, Control & Electronics Lecturer, Physics Instructor, Scientific Advisor, E-Learning Specialist, Undergraduate & Postgraduate Thesis Supervisor, IT Contractor, Laboratory Administrator, Moodle Expert & Administrator and Telecommunications Engineer** for various companies and universities such as the University of Greenwich, Empire State College, Roehampton University, University of East London, Athens Technology Center, University of Athens, **ShellGas**, Advanced Services Group (ASG), Piraeus University, Chemmedia Hellas Ltd., Conceptum S.A, IEK and Frontistirio Apopsi.

Dr. Peter has a **PhD in IT, Telecommunications, Control & Electronics** from the **University of Athens**, a **Master's degree in Information Technology with Web Technology** from the **University of Paisley, UK** and a **Bachelor's degree in Physics** from the **Aristotelian University of Thessaloniki, Greece**. Further, he is a **Certified Instructor/Trainer**, a **Scrum Master**, a **Certified Administrator**, an **LMS Specialist** and a **Certified Internal Verifier/Assessor/Trainer** by the **Institute of Leadership & Management (ILM)**. He has further published several journals, participated as an author in various projects and conducted numerous trainings, courses, workshops, seminars and conferences internationally.

**Training Fee**

**US\$ 5,500** per Delegate + **VAT**. This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

**Exam Fee**

**US\$ 240** per Delegate + **VAT**

**Training Methodology**

All our Courses are including **Hands-on Practical Sessions** using equipment, State-of-the-Art Simulators, Drawings, Case Studies, Videos and Exercises. The courses include the following training methodologies as a percentage of the total tuition hours:-

- 30% Lectures
- 20% Practical Workshops & Work Presentations
- 30% Hands-on Practical Exercises & Case Studies
- 20% Simulators (Hardware & Software) & Videos

In an unlikely event, the course instructor may modify the above training methodology before or during the course for technical reasons.

**Learning Design & Customization**

This course can be customized to the exact requirements of clients. Haward Technology is so proud of our huge capabilities in tailoring our courses to the training needs of our valued clients.

**Course Program**

The following program is planned for this course. However, the course instructor(s) may modify this program before or during the workshop for technical reasons with no prior notice to participants. Nevertheless, the course objectives will always be met:

**Day 1**

0730 – 0800	<i>Registration &amp; Coffee</i>
0800 – 0815	<i>Welcome &amp; Introduction</i>
0815 – 0830	<b>PRE-TEST</b>
0830 – 0930	<b>Introduction to IT Governance &amp; Management</b> <i>Definition and Purpose of IT Governance • Difference Between Governance and Management • Stakeholders and Governance Objectives • Regulatory and Compliance Drivers</i>
0930 – 0945	<i>Break</i>
0945 – 1030	<b>Overview of COBIT Framework</b> <i>History and Evolution of COBIT • COBIT 2019 Framework Components • COBIT Core Principles • Key Terminology and Concepts</i>
1030 – 1130	<b>COBIT Principles</b> <i>Governance System Principles • Governance Framework Principles • Open and Flexible Framework Concept • Alignment with Enterprise Strategy</i>
1130 – 1215	<b>Governance &amp; Management Objectives</b> <i>Overview of 40 Governance and Management Objectives • Domains Structure (EDM, APO, BAI, DSS, MEA) • Purpose Statements for Objectives • Relationship Between Objectives and Processes</i>



1215 – 1230	Break
1230 – 1330	<b>Components of the Governance System</b> Processes • Organizational Structures • Policies and Procedures • Information, Culture, Skills, and Infrastructure
1330 – 1420	<b>Basic of Governance Framework Design</b> Design Factors Overview • Enterprise Strategy Considerations • Risk Profile Impact • Compliance and Regulatory Requirements
1420 – 1430	<b>Recap</b> Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow
1430	Lunch & End of Day One

**Day 2**

0730 – 0830	<b>Governance &amp; Management Objectives in Detail</b> EDM (Evaluate, Direct and Monitor) • APO (Align, Plan and Organize) • BAI (Build, Acquire and Implement) • DSS (Deliver, Service and Support)
0830 - 0930	<b>Management Domain – MEA</b> Monitor, Evaluate and Assess (MEA) • Performance Monitoring • Internal Control Assessment • Compliance Monitoring
0930 – 0945	Break
0945 – 1100	<b>Components of a Governance System</b> Process Component • Organizational Structure Component • Information Component • Services, Infrastructure & Applications
1100 – 1215	<b>Goals Cascade Mechanism</b> Stakeholder Drivers • Enterprise Goals • Alignment Goals • Governance and Management Objectives Mapping
1215 – 1230	Break
1230 – 1330	<b>Performance Management in COBIT</b> Capability Levels Overview • Maturity versus Capability Concepts • Process Performance Attributes • Assessment Approach Basics
1330 – 1420	<b>Roles &amp; Responsibilities in COBIT</b> RACI Charts • Governance Bodies and Committees • IT Management Responsibilities • Accountability Structures
1420 – 1430	<b>Recap</b> Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow
1430	Lunch & End of Day Two

**Day 3**

0730 – 0830	<b>Design Factors in COBIT</b> Enterprise Strategy • Enterprise Size and Industry • Risk Profile • Compliance Requirements
0830 – 0930	<b>Governance System Design Workflow</b> Understanding Enterprise Context • Identifying Priority Objectives • Selecting Governance Components • Designing Target Governance System
0930 – 0945	Break
0945 – 1100	<b>COBIT Implementation Guide</b> Implementation Lifecycle Overview • Seven-Phase Implementation Approach • Change Enablement Considerations • Continuous Improvement Principles





1100 – 1215	<b>Risk Management &amp; COBIT</b> <i>Risk Optimization Objectives • Integration with Enterprise Risk Management • Risk Appetite and Tolerance • Control Objectives Linkage</i>
1215 – 1230	Break
1230 – 1330	<b>Information &amp; Technology Alignment</b> <i>Strategic Alignment • Business-IT Integration • Value Delivery Mechanisms • Performance Metrics Alignment</i>
1330 – 1420	<b>Case Study Workshop</b> <i>Practical Governance Design Exercise • Mapping Enterprise Goals • Identifying Key Governance Objectives • Presentation and Group Feedback</i>
1420 – 1430	<b>Recap</b> <i>Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow</i>
1430	Lunch & End of Day Three

**Day 4**

0730 – 0830	<b>COBIT Performance Management (CPM)</b> <i>Capability Levels 0–5 • Process Assessment Criteria • Governance System Performance Measurement • Measurement Indicators</i>
0830 – 0930	<b>Process Capability Assessment</b> <i>Base Practices • Work Products • Rating Scale Interpretation • Gap Identification</i>
0930 – 0945	Break
0945 – 1100	<b>COBIT Focus Areas</b> <i>Cybersecurity Focus Area • Risk Focus Area • Small &amp; Medium Enterprise Focus • Industry-Specific Adaptation</i>
1100 – 1215	<b>Integration with Other Frameworks</b> <i>Alignment with ITIL • Integration with ISO Standards • Relationship with Enterprise Architecture • Complementary Governance Frameworks</i>
1215 – 1230	Break
1230 – 1330	<b>COBIT Terminology &amp; Key Concepts Review</b> <i>Key Definitions • Governance versus Management Recap • Domains and Objectives Recap • Design Factors Recap</i>
1330 – 1420	<b>Mock Exam &amp; Practice Questions</b> <i>Sample Exam Structure • Question Analysis Techniques • Time Management Strategies • Review of Answers and Explanations</i>
1420 – 1430	<b>Recap</b> <i>Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow</i>
1430	Lunch & End of Day Four

**Day 5**

0730 – 0830	<b>Enterprise Governance Case Studies</b> <i>Real-World Governance Challenges • Digital Transformation Governance • Regulatory Compliance Case • Risk Optimization Case</i>
0830 – 0930	<b>Designing a Governance System – Practical Exercise</b> <i>Enterprise Scenario Analysis • Design Factor Selection • Governance Objective Prioritization • Reporting Outcomes</i>
0930 – 0945	Break



0945 – 1100	<b>Control Objectives &amp; Internal Audit Alignment</b> <i>Internal Audit Alignment with COBIT • Control Evaluation • Assurance Mapping • Reporting to Board and Executives</i>
1100 – 1215	<b>Digital Transformation &amp; COBIT</b> <i>Governance in Digital Enterprises • Emerging Technology Considerations • Data Governance • Information Security Governance</i>
1215 – 1230	Break
1230 – 1300	<b>Final Comprehensive Review</b> <i>Full Framework Recap • High-Frequency Exam Topics • Key Governance Principles • Exam Strategy Reinforcement</i>
1345 – 1400	<b>Course Conclusion</b> <i>Using this Course Overview, the Instructor(s) will Brief Participants about the Course Topics that were Covered During the Course</i>
1400 – 1415	<b>POST-TEST</b>
1415 – 1430	<i>Presentation of Course Certificates</i>
1430	<i>Lunch &amp; End of Course</i>

**MOCK Exam**

Upon the completion of the course, participants have to sit for a MOCK Examination similar to the exam of the Certification Body through Haward’s Portal. Each participant will be given a username and password to log in Haward’s Portal for the MOCK Exam during the 60 days following the course completion. Each participant has only one trial for the MOCK exam within this 60-day examination window. Hence, you have to prepare yourself very well before starting your MOCK exam as this exam is a simulation to the one of the Certification Body.

**Practical Sessions**

This practical and highly-interactive course includes real-life case studies and exercises:-



**Course Coordinator**

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