

COBIT 2019 Foundation

2-Day Exam-Focused Intensive

FA-0134 · 2-Day

Mainframe & Enterprise Systems

Introduction

The COBIT® 2019 framework represents a fundamental shift in how organizations govern and manage enterprise information and technology. It moves beyond static control models and introduces a dynamic, design-driven approach that recognizes organizational context, strategic priorities, and evolving risk landscapes. As regulatory scrutiny increases and boards demand clearer accountability from IT, COBIT 2019 has become a critical reference point for governance discussions across industries.

This two-day course is designed for professionals who want more than a surface-level understanding aimed solely at passing an exam. It deliberately balances **conceptual clarity, exam alignment, and real-world interpretation**. Participants are guided not only on *what* COBIT says, but *how* the framework is interpreted by auditors, regulators, consultants, and governance bodies. The structure of the course mirrors the way COBIT concepts are tested—definitions, relationships, intent, and application, while avoiding rote memorization.

The instructor delivering this program has **over 30 years of industry experience** spanning IT governance, enterprise risk management, regulatory compliance, internal audit, and large-scale transformation initiatives. Every topic is explained using industry-demanded perspectives rather than academic abstractions. Exam preparation is approached strategically: participants are trained to recognize how COBIT concepts are framed in exam questions, how distractors are designed, and how governance logic should be applied under time pressure.

This two-day format intentionally incorporates **exam simulation, structured knowledge reinforcement, and iterative review**, ensuring participants leave with both confidence and competence—prepared to pass the COBIT 2019 Foundation exam and to speak the language of governance in professional settings.

Learning outcomes

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

- Clearly explain the purpose, structure, and positioning of COBIT 2019

- Distinguish governance responsibilities from management responsibilities
- Identify and describe COBIT governance system and framework principles
- Explain governance system components and how they interact
- Understand and recall COBIT governance and management objectives
- Interpret the goals cascade and its role in value creation
- Understand COBIT 2019 performance management concepts
- Apply design factors to tailor a governance system
- Explain COBIT implementation concepts and lifecycle thinking
- Confidently approach and complete the COBIT 2019 Foundation exam

Prerequisites

- No formal prerequisites
 - Basic exposure to IT, audit, risk, compliance, or management concepts is beneficial
 - Suitable for IT professionals, auditors, risk managers, consultants, and governance stakeholders
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Training outline

1. COBIT Context and Framework Overview

- Role of COBIT in enterprise governance
 - Problems COBIT is designed to address
 - COBIT product family overview
 - Relationship between COBIT and enterprise strategy
 - Positioning of COBIT relative to standards and regulations
 - Key changes and rationale behind COBIT 2019
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2. Governance and Management Concepts

- Definition of governance within COBIT
 - Definition of management within COBIT
 - Separation of responsibilities and accountability
 - Value creation, risk optimization, and resource optimization
 - Governing body expectations versus management execution
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3. COBIT 2019 Principles

Governance system principles

- Stakeholder value creation
- Holistic governance approach
- Dynamic governance system
- Tailored governance systems
- End-to-end governance coverage

Governance framework principles

- Conceptual model
 - Open and flexible framework
 - Alignment with major standards and regulations
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4. Governance System Components

- Overview of governance system components
 - Processes and their purpose
 - Organizational structures and decision rights
 - Policies, principles, and procedures
 - Information flows and reporting mechanisms
 - Culture, ethics, and behavior
 - People, skills, and competencies
 - Services, infrastructure, and applications
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5. Goals Cascade

- Enterprise goals
 - Alignment goals
 - Governance and management objectives
 - Cascading goals from strategy to execution
 - Role of goals cascade in value realization
 - Common misunderstandings tested in the exam
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6. Governance and Management Objectives

- Structure of the COBIT Core Model
 - Governance objectives
 - Management objectives
 - Align, Plan, and Organize (APO)
 - Build, Acquire, and Implement (BAI)
 - Deliver, Service, and Support (DSS)
 - Monitor, Evaluate, and Assess (MEA)
 - Purpose and intent of objectives
 - How objectives are framed in exam questions
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7. Performance Management in COBIT 2019

- Purpose of performance management
 - Capability concepts in COBIT 2019
 - Performance measurement versus maturity
 - Relationship between objectives and performance outcomes
 - Exam-relevant terminology and interpretations
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8. Designing a Tailored Governance System

- Why tailoring is central to COBIT 2019
 - Design factors and their influence
 - Enterprise context considerations
 - Translating design choices into governance priorities
 - Exam scenarios involving design decisions
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COBIT Focus Areas

- Purpose of focus areas
 - When and why focus areas are used
 - Relationship between focus areas and core model
 - Exam-level understanding versus implementation detail
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9. Implementation Concepts

- COBIT implementation overview
 - Implementation lifecycle stages
 - Change enablement considerations
 - Continuous improvement concepts
 - Common implementation pitfalls
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10. COBIT Business Case and Governance Value

- Business drivers for COBIT adoption
 - Executive and board-level perspectives
 - Governance value articulation
 - Linking governance outcomes to enterprise benefits
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11. Integrated Exam Simulation and Preparation

- Foundation exam structure and format
 - Question styles and cognitive levels
 - Identifying distractors and misleading options
 - Interpreting COBIT language in exam questions
 - Timed mock exam simulation
 - Structured review of incorrect answers
 - Final consolidation of key concepts
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