COVER PAGE AND DECLARATION

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Introduction

It is impossible to exaggerate the value of project management in organizations. When done correctly, it makes every aspect of the business work more efficiently. Your team is able to concentrate on the important job without being distracted by unmanageable budgets or projects that grow out of hand. It gives them the ability to produce outcomes that truly affect the revenue of the company. Additionally, it enables your staff to understand how their efforts support the strategic objectives of the business.

You can make sure that your work is delivered on schedule and on budget by making the proper preparations. By using project management techniques, you can plan the course of your project from the beginning and know in advance when the deadlines and expected costs will fall, which will allow you to more effectively allocate your resources and prevent delays and project overruns.

Collaboration can be challenging. Even when working across teams or departments, you may ensure accountability, promote transparency, and decrease the complexity of collaboration with better project management procedures.

1. Aspire project proposal as required:

The Project Management

A project is a task that is expected to be completed over a particular time period with the aim of having and obtaining a specific goal. Always transient, a project has a beginning and an end. It always has a goal in mind. A project is not one without a deadline, thus it has one. A project has a set budget, time frame, and plan that it must follow to be completed. For instance, the builder was given a building project to complete in order to create a house or structure.

Management is the process of coordinating and controlling a specific job. Along with regulating and monitoring something, it also entails guiding and managing it. In addition, it can involve regulating and monitoring the task's smooth progress, arranging and planning who and where to buy raw materials from, and negotiating the price of raw materials and labour wages. The organisation, direction, and completion of a given task using the available people and material resources, time, and networking is known as project management. It aids in reaching objectives and aims with a finite time frame. Additionally, it aids in the growth of the business. It is widely utilised and is crucial to the success of businesses in the building, engineering, and IT sectors.

Importance of Project Management

Project management is crucial since it makes sure that the job is accurately processed, effectively delivered, and of high quality. It establishes project leadership and direction and makes sure everything is going according to the plan. The team will be left on its own without management and oversight, and the company's objectives won't be met. It demonstrates that the project is being executed according to a realistic plan and is timed, financially, and strategically. Additionally, it aids with quality control and ensures that the product is up to par. Additionally, risk is disclosed and addressed through project management in advance of it becoming a problem.

A project is anything or any task that has a definite beginning date and a deadline by which it must be finished. A project could be anything, such as organising a friend's birthday party or constructing a 20-story structure. A project is essentially a piece of work that must be started at a certain time and concluded by a certain date.

The size of a project can vary. Such undertakings, usually referred to as mega projects, can be protracted and time-consuming. Building dams, power plants, or public structures are a few examples of lengthy projects. Short-term projects make up the second group into which projects can be divided. These projects take less time to accomplish and cost less money to do so. A short-term project can be organizing a dinner for your best buddy.

A project manager is someone who is in charge of organizing, planning, managing, and controlling a project. Among the many abilities a project manager possesses, the following are crucial:

• **Communication Skills:** A project manager must be able to successfully communicate with the members of his or her team. This can only be done when the manager selects the optimal channels for doing so. These ideas or messages can be communicated verbally or through the most sophisticated technologies, including reports or power-point presentations. The approach should be chosen based on how well team members comprehend the idea.

• **Conflict Management:** Although it is a difficult task, conflicts between team members or employees are typical and occur in many organizations. A project manager is great if they are able to resolve these conflicts amicably. The project manager needs to comprehend the basis for the conflict, call a meeting to gain a thorough understanding of it, and then come up with a creative, amenable resolution while taking into account the interests of all parties.

• Team Building: Given the possible length and exhaustion of projects, it is crucial for a project manager to have the ability to represent team building. This means that a project manager needs to get along with the team members in order to make even the most tedious tasks fascinating and inspire them to work harder and more efficiently. By asking team members about their interests, for instance, the manager may make the office vibrant.

Time Management

One of the most important abilities a project manager needs is time management. He or she should be able to manage their time well, which entails allocating time wisely to the many activities required in finishing a project in order to finish it ahead of schedule.

Project Manager

The project manager is an expert in creating and completing projects thanks to his knowledge, abilities, and leadership. He establishes objectives for the project and is committed to achieving them. He sets aside time, resources, and a budget. A project manager is also decisive, which implies that he makes decisions for the success of the project. To accomplish its goals, he faces risks and difficulties. He is well-versed in the subject matter, the sources, and situational judgement. He is more proactive than reactive and can adjust to changing circumstances.

Initiation of project

The first crucial stage of project management is project initiation, during which the necessity for the project is established and the project manager establishes the goals for the newly launched project. This could be a challenge or a chance for the company. The project's objective establishes the final objective, or aim, that was set forth when the project was initiated. The project manager also chooses the project team at this stage and identifies the stakeholders who will oversee project operations. The project's commencement key also establishes the project's scope, which plays a crucial role in the success of the plan.

Planning of the project

This is the second stage of the project, the planning stage, where you prepare the project's requirements—the project's scope, time, cost, resources, communication, risks, networking, and quality—after establishing the project's objectives. The bigger projects are broken down into smaller jobs, which lightens the workload and makes it simple to complete the project. The project manager sets the project's timeline and resource allocation. Smaller jobs have a higher chance of being completed than bigger ones. The team will then discuss the idea in a meeting.

Execution of the project

The third stage of project management is under underway. The project's execution, or making the plan work, comes after the objectives are established, a plan is created, and a team is assigned. The project manager's responsibility at this stage of the project management life cycle is to keep track of tasks, allocate tasks to team members, monitor timetables, and make sure that work is completed in accordance with the original plan.

Closure

The closure step comes next after the team has completed the project's execution phase. The project manager announces the outcome or conclusion of the project at this stage, ends the relationships with the suppliers, submits the project's paperwork to the company, and discusses the closure with the team. 2019 (Adrienne Watt)

Why This Project is Needed

The establishment of Aspire Fitness Club and Spa is a crucial project that can offer the following advantages:

- The project offers services for exercising, especially for children and young adults.
- For Aspire Company, the initiative represents a developmental milestone.
- After the project is established, Aspire Company is anticipated to make more money.
- The initiative benefits a large portion of the city's population.

Advantage of Project Management

The benefits of project management are as follows:

A project can be readily finished using project management as a guideline. The project manager becomes aware of the obstacles and hazards along the route, which makes him more cognizant of the roadblocks he will encounter in the future. As a result, he works more shrewdly and takes less risks, which allows him to concentrate more on his objectives.

A successful project outcome not only boosts your esteem and reputation, but it also motivates the team to work harder and more productively on future projects. A successful outcome and performance also raises the likelihood of getting more opportunities in the future.

Project management provides a competitive edge both inside and outside of the workplace. The success of a project contributes to the company's ability to maintain its market position.

The greatest advantage of flexibility is in project management. It is true that project management enables the manager to develop strategies that aid in goal achievement, but its greatest strength would be its flexibility, allowing the project manager to switch to a more intelligent course of action if necessary. This works particularly well for small to medium-sized businesses.

In contrast to project management, where the risk factor is discovered beforehand and the project manager can easily address it without having to cause any delay or loss in the project, coming across unexpected hazards in a project may result in delay or even the loss of the business.

Key Stages of Aspire Fitness Club and Spa

The main phases of project management are:

- Project opening, which marks the beginning of the project and aims to describe it broadly. Usually, the commercial situation comes first in this argument.
- Project planning is the most crucial of the main stages since it is here that a great project manager must concentrate on creating a solid strategy that everyone will adhere to.
- Project execution—this stage requires development and completion. This acts as the hub of project management, where various activities such as meetings and status reports, development updates, and performance reports take place.
- Project Performance This is the stage of the project management process where it is necessary to ensure that everything related to it is on track.
- Project closure at this stage, the project is finished. (Eby, 2018)

A- Project Budget

Any project that is temporary in nature, regardless of size or purpose, has a budget assigned to it. Whether it is planning a little party or building a bridge, everything has a budget. A project manager creates a complete budget for the project by planning where and how the costs would arise. Direct or indirect costs are also possible.

Cost is the total sum of money spent on important raw materials, operational expenses, services, and a variety of other materials. The nature and scope of the project must be considered. The project managers are also responsible for analyzing the true cost of the work and giving the employee all he requires. Several elements will determine the task's financial obligation. Then there are the assets in question, which include people and resources and add to labor costs. Other external forces that can influence a task must be taken into account when calculating the cost of the activity. Cost refers to the entire amount of all project-related expenses. The project's overall budget has been determined, and the work is completed within that budget. From the start of project work to its completion, the project will cost two million euros and take the following steps:

Project Initiation	80000 euros
Business Case Document	80000 euros
Feasibility Study	50000 euros
Project Planning	100000 euros
Project Execution	1000000 euros euros
Project Monitoring	340000 euros
Project Closure	350000 euros

There is no doubt that every project is unique in terms of its requirements and scope, but most crucially in terms of the financial resources that may be devoted to it. However, in general, the project budget is dependent on a number of interrelated aspects, and your comprehension of them will assist you in making the best financial choice.

B- Risk Analysis

Regardless of its size or objective, every endeavor carries some risk. Some hazards can be avoided, whilst others cannot. A manager should constantly be ready in advance to eliminate or reduce the risks.

Risk is the dread of suffering a loss or failing. There are dangers involved with every undertaking and business in the globe. Risk is a big part of establishing a project or a business because you never know if you'll make money or lose it. You must be extremely cautious in your business and pay close attention to each and every operation if you want to reduce those hazards. There is risk everywhere, not just in business. In daily life, it may occur.

Aspire Fitness Club and Spa may be more vulnerable to numerous dangers than large projects since projects may face risks that force them to exit the market due to their limited capabilities and incapacity to handle them.

The dangers the project faces change over time; some happen at the beginning, some happen during one of the project's life cycles, some happen when the project seeks to expand in the local markets, and others happen when it offers goods or services.

There are two different categories of risks that a project could encounter:

1. **Foreseeable risks such as:**

- Project cost risks.
- The cost of equipment, equipment and furniture risks.
- The risks of wages and salaries of employees.
- Risks of expected expenses and fees.
- Raw materials costs risks.
- Marketing cost risks.

1. **Risks that are difficult to anticipate:**

- Competition risks and its consequences.

- The risks of technological developments and new discoveries.
- Risks of change and development in the needs of individuals.
- Sudden political and legal risks.
- Financial and monetary risks.

Resources

Resources are the means made available for finishing Emails and phone numbers for calling the Splash management are resources needed to finish the survey. The assessor served as a resource by providing us with knowledge on how to complete the entire survey. The questionnaire that needed to be completed and the money needed to cover transportation, printing, and phone fees were the two main resources. The survey respondents among the staff were also quite helpful. Resources also include laptops used for assignment and presentation preparation. Operating the computers and Power Point, which is also a resource, requires technical knowledge.

C- Projected Competition Times

A timeframe for a project is always established. A project is not considered to exist if it lacks a beginning and end date. The project's timeline specifies the beginning and ending times of each of the project's several phases.

The organisation places a very high value on a project's completion within the allotted time frame because it decides whether or not the project is successful. If the organisation wants to make significant improvements and developments to the business, excellent project time management will be beneficial from a financial standpoint, which is known as "more money," as well as from a time viewpoint. To determine when we must perform an action, a precise timeline chart called a Gantt Chart is created.

After the project is finished, there will be times of anticipated competition, such as holidays, weekends, and extended vacations. More people will visit Spain and Aspire Fitness Club throughout the winter than during the summer. Due to the project's great quality, it is anticipated that the fitness facility won't face any competition on its own.

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D- Quality Control Measures

One of the most crucial aspects of projects is the close connection between the time it takes to implement it, the money required to finish it, and the calibre of the work produced during that time. Any adjustment to either end of this relationship—an increase or decrease—clearly has an impact on the other. For instance, cutting a project's budget will increase the time it takes to finish since there won't be enough money to hire the best resources, and the work will also be of lower quality because of the use of subpar resources to get the job done.

To ensure that the project meets all of the objectives for which it is intended to be completed, quality requirements must be taken into account when creating the project implementation plan. There may occasionally be a misunderstanding between two crucial terms, "project quality" and "project grade," each of which pursues a distinct objective. We must first choose the best quality controls and know how to implement them in order to achieve the project's desired level of quality. There are American, British, and other specifications, but not all of them necessarily meet the project and its objectives, so it is important to establish the standard specifications that will be followed in the implementation of the project.

E- Team Member Breakdown

A work breakdown structure is a technique for quickly and effectively completing a complex activity that requires several steps. It is a hierarchical tree architecture that separates a project into more manageable, smaller jobs. A project is divided into folders and subfolders in WBS to make the tasks manageable. The team and each component can grasp it because of the way it is constructed. More than just having planning tools, timelines, and oversight is required for project managers to be successful. They must be able to assemble and manage a project team successfully. The project manager must be able to create a cohesive team out of a diverse set of individuals, whether there be one or one hundred members of the team, employees of the project, or outside contractors. According to studies, when the project manager neglects to assemble a capable project team, the project is condemned to failure.

The odds of success for the team members working on the Aspire Fitness Club and Spa project depend on them, and they can only do this through teamwork, cooperation, the assignment of duties, and job devotion to the project. I am in charge of choosing a cohesive team at Aspire Fitness Club and Spa that works to meet the project's objectives.

F- Additional Funds Request (if needed)

Two million euros are totally enough to finish the project and meet all the necessary standards, as determined by the feasibility study, thus no extra funding is required.

2. The project viability analysis as required:

A. I see that the railway should be built.

The building of a railway that connects Bangkok to Chiang Mai in northern Thailand is crucial because it brings about benefits and beneficial outcomes and aids in the advancement of already-completed projects. The public and consumers are more likely to be satisfied when transportation is simple, affordable, and convenient. When it comes to transit, commerce, shopping, and meeting requirements, the railway project's construction is the only thing keeping the two communities connected.

B. the additional ways for the proposed railway to earn income

By building more stations and roadways, the railway project can generate more revenue. It can also be utilized to promote services and goods and for recreational purposes. Despite our desire for affordable tickets, the railway line will make more money under this theory than it does under the Prime Minister's instructions. The simplest, quickest, and most efficient way to connect with thousands of customers is through rail advertising. Train station advertising and rail advertising are other names for railway advertising. Advertisements on trains are a great method to get the attention of city commuters who use trains every day.

Conclusion

In this assignment, I discussed the fitness project, its significance, its goals, and the significance of project management in general. I discussed the project's finances, hazards, and viability. I discussed the northern Thai railway line, which is vital to development, as I concluded the report.

The study gives a thorough overview of project management, the requirements for the project manager, and the procedures used to complete the project. It also discusses how we can minimize project risks, find ways to address them, and turn obstacles into opportunities.

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