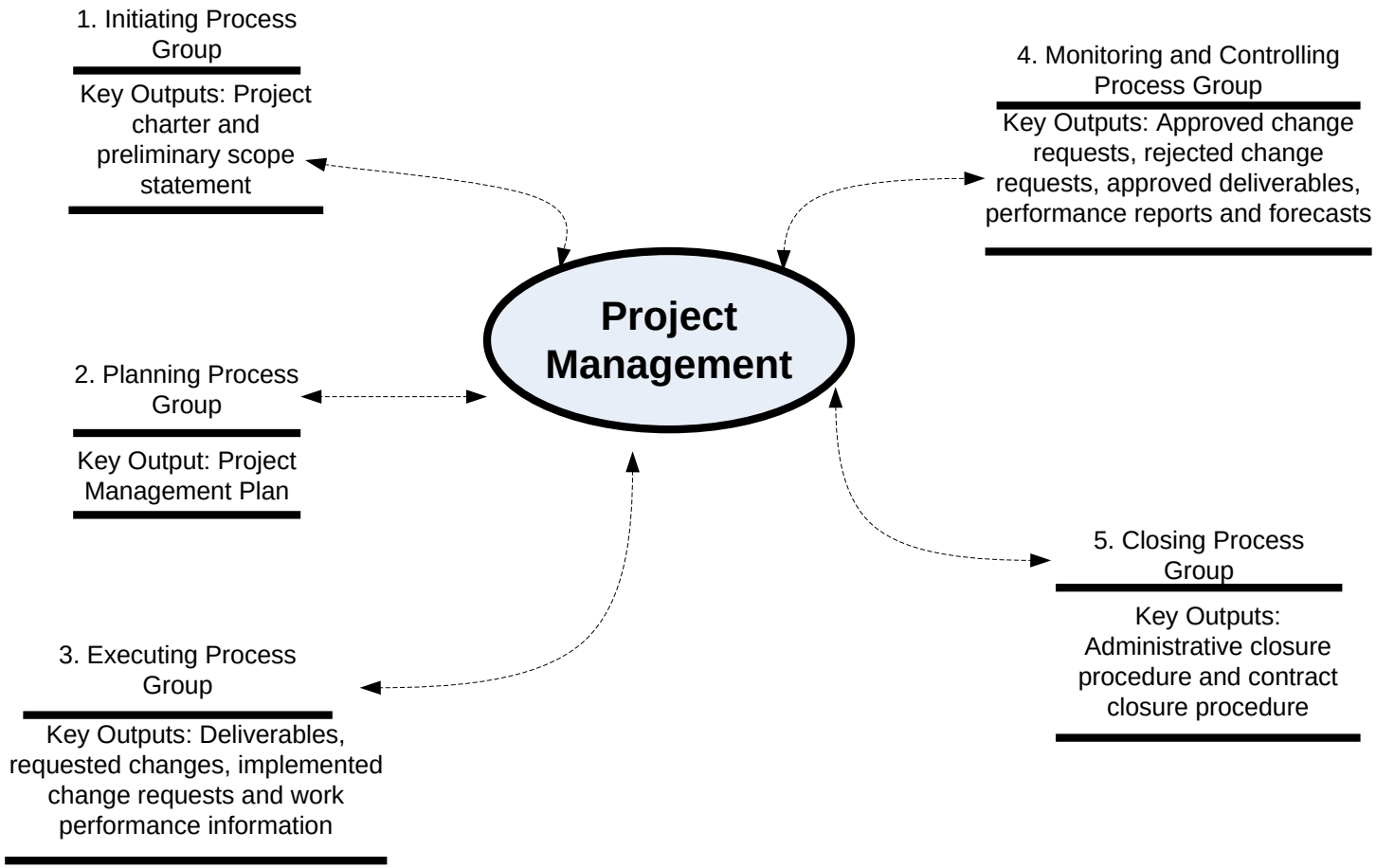Project Management – The Five Process Groups