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The Implementation Dynamics and Challenges of PMO (Program Management Offices) in Banking Mergers and Acquisitions in Bahrain

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The Implementation Dynamics and Challenges of PMO (Program Management Offices) in Banking Mergers and Acquisitions in Bahrain

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Abstract

This work paper examines the challenges related to the implementation of Project Management Offices (PMOs) in mergers and acquisitions (M&A) within the banking sector. M&A transactions remain a critical trend in the financial industry, where organizational success depends largely on effective integration strategies. PMOs are increasingly recognized as essential enablers of structured project delivery, coordination, and management during these complex processes.

The paper begins with an analysis of theoretical literature on banking M&A, PMOs, and integration models, emphasizing issues such as cultural alignment, communication, and organizational flexibility. Evidence suggests that the absence of a defined and skilled PMO team significantly increases the risks of failure in M&A projects. For PMOs to add value, they must be adaptable, technically proficient, and culturally sensitive.

To address these concerns, the paper adopts autoethnography and case study methodologies, drawing on interviews with banks engaged in M&A and discussions with PMO practitioners. These insights highlight the functions, responsibilities, and strategic importance of PMOs in achieving successful integration. The findings contribute practical recommendations and structured guidelines for banking institutions, underscoring that competent PMOs play a vital role in managing transformation and supporting the realization of strategic goals in M&A contexts.

Keywords: Project Manager, PMO, M&A, Banking, Project Management Offices

Introduction

Mergers and acquisitions (M&A) are a prevalent strategy in the banking sector, driven by globalization, competition, and regulatory demands (Ray, 2022). While they create opportunities for growth and synergy, M&A transactions also introduce complex challenges related to integration, governance, and cultural alignment. Project Management Offices (PMOs) have increasingly been recognized as valuable tools in addressing these challenges, offering structure, oversight, and strategic alignment (Alkaraan, 2021; Gonchar et al., 2022). This working paper examines the role of PMOs in banking M&A, highlighting their benefits, limitations, and contributions to integration success.

A PMO is a formalized unit responsible for enhancing project management practices, coordinating activities, and ensuring alignment with organizational goals (Crawford, 2014). PMOs provide governance and structure across planning, monitoring, resource allocation, and control (Kerzner, 2017). In today's industrialized environment, where time and resources are constrained, PMOs reduce inefficiencies and improve project performance (Vörösmarty et al., 2018). Their significance in M&A stems from the need for systematic integration of processes, people, and cultures in order to achieve strategic objectives.

A key role of PMOs in M&A lies in aligning project outcomes with organizational goals. Misalignment often leads to wasted resources, suboptimal results, or even failure. Through structured governance and communication, PMOs ensure consistency between projects and integration strategies. However, uncertainty regarding the PMO's long-term role after mergers remains a challenge. Without clarity, its capacity to sustain integration efforts can be limited.

Resource management is another critical concern. M&A often create duplications of roles, functions, and systems, which must be managed efficiently to avoid unnecessary costs. PMOs address this through resource evaluation and reallocation, ensuring redundancy is minimized and efficiency maximized. This role is particularly vital in banking, where cost optimization and operational streamlining are essential.

Cultural integration is equally important. M&A frequently involve blending different corporate cultures, values, and work practices, which can lead to conflict and resistance. PMOs mitigate these challenges by promoting communication, training, and change management strategies. By fostering collaboration and engagement, they support employee commitment to new organizational objectives.

Governance and compliance also underscore the value of PMOs. In the heavily regulated financial sector, non-compliance during integration can result in severe penalties or reputational damage. PMOs provide frameworks to monitor compliance, enforce standards, and reduce risks. Their oversight strengthens organizational resilience during integration.

Monitoring and evaluation are central to measuring integration success. PMOs establish key performance indicators (KPIs) and performance frameworks to track progress and identify risks early. Corrective actions can then be taken to keep integration on track. Moreover, PMOs promote continuous improvement by documenting lessons learned and encouraging adaptability, which is crucial in dynamic financial environments.

Beyond project oversight, PMOs act as strategic enablers. They provide executives with insights into market trends, competition, and operational optimization. These contributions enable organizations to identify synergies and growth opportunities, aligning integration with long-term strategic objectives.

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Despite these strengths, PMOs face challenges in M&A implementation. Differing project management systems between merging entities can create duplication and inefficiencies. Resistance to cultural change, unclear resource allocation, and lack of strategic vision for the PMO's role post-merger further complicate integration. Overcoming these issues requires flexibility, cultural sensitivity, and strong leadership support for PMO initiatives.

This working paper seeks to answer two questions: (1) What factors influence the successful implementation of PMOs in banking M&A, and what obstacles arise? (2) How do PMOs impact performance, decision-making, and resource optimization during integration? Addressing these questions involves four objectives: investigating PMO challenges, analyzing their contributions to effectiveness and decision-making, evaluating success factors, and proposing strategies for overcoming challenges.

The rationale for this research stems from a lack of focused literature on PMO integration within banking M&A. Although project management and PMO studies exist, limited work addresses their role in financial consolidations. By filling this gap, the paper contributes both theoretical insights and practical recommendations for banks undertaking M&A activities.

Methodologically, this study draws from literature reviews, case studies, and qualitative insights from practitioners. Thematic analysis will identify patterns and meaningful themes, while autoethnographic elements may provide reflexive perspectives. These methods enrich the discussion by combining theoretical frameworks with practical experiences.

Ultimately, PMOs play a critical role in ensuring M&A success. They align projects with strategy, manage resources, address cultural challenges, ensure compliance, and facilitate monitoring and improvement. By doing so, PMOs not only support integration but also strengthen long-term organizational competitiveness. This paper argues that effective PMO implementation is essential for sustainable growth in the banking sector, and that institutions leveraging PMOs strategically will be better positioned to achieve value in an increasingly competitive environment.

Literature Review

The financial landscape has undergone significant transformation in recent decades, with mergers and acquisitions (M&A) emerging as one of the most prominent strategies for growth, restructuring, and competitive positioning in the banking sector. Scholars consistently argue that M&A transactions serve not only as a means of expanding market share but also as a way to achieve synergies through integration of resources, technologies, and human capital (Ray, 2022). Despite the potential benefits, the literature also highlights the complexity and risks inherent in M&A deals. Failures in integration, cultural misalignment, inadequate communication, and poorly managed change processes have been identified as recurring issues that undermine the strategic goals of such endeavors (Haspeslagh & Jemison, 2017). Against this backdrop, Project Management Offices (PMOs) have gained increasing attention as formalized entities capable of overseeing and coordinating project delivery within organizations, with a particular emphasis on ensuring that project objectives remain aligned with broader organizational strategies (Crawford, 2014; Kerzner, 2017). The emergence of PMOs as enablers in M&A contexts underscores the necessity of exploring their role in financial consolidations, particularly in the banking industry.

The literature on M&A highlights several recurring themes that collectively determine the success or failure of integration. One critical dimension concerns the treatment of employees, who are among the most directly affected stakeholders in the post-merger environment. Scholars such as Bae et al. (2017) and Idunwa et al. (2021) emphasize that employee well-being and job security are central to organizational stability during M&A transitions. Poorly managed consolidations often result in redundancies, layoffs, or perceived inequities, which in turn undermine morale, productivity, and trust. Stakeholder theory supports this perspective, noting that employees, as internal stakeholders, play an instrumental role in achieving integration goals (Freeman, 1984). Yet, research suggests that organizations often fail to develop systematic approaches to managing employee concerns, leaving gaps in communication and engagement that ultimately weaken post-merger outcomes. While employee-related challenges are widely documented, the literature pays insufficient attention to the ways in which PMOs might function as vehicles for addressing these issues systematically, particularly in the banking sector where human capital represents a critical driver of customer relationships and service delivery.

Another central theme in the literature is change management, which is repeatedly described as one of the most important determinants of successful M&A integration (Erstad et al., 2018). Mergers and acquisitions inevitably trigger substantial organizational change, from redefined processes and structures to shifts in leadership and governance frameworks. Kerzner (2017) and other scholars stress that structured change management practices—rooted in clear communication, stakeholder involvement, and transparent decision-making—are essential for reducing uncertainty and building trust. Haspeslagh and Jemison (2017) similarly argue that the absence of robust change management approaches significantly increases the likelihood of M&A failure. Yet while frameworks for change management exist, there is a lack of targeted discussion about how PMOs can facilitate these processes in the unique context of banking M&A. As formal structures with oversight of planning, monitoring, and governance, PMOs have the potential to institutionalize change management strategies, yet this dimension remains underexplored in the academic literature.

Culture emerges as another recurring determinant of M&A success. Scholars such as Seo and Hill (2005) highlight cultural misalignment as a persistent cause of integration difficulties, noting that conflicting values, practices, and assumptions often produce resistance, conflict, and reduced performance. De Pelsmacker et al. (2018) note that cultural fit is particularly critical in the European banking sector, where cross-border M&A deals must reconcile not only corporate cultures but also national cultural differences. The literature suggests that successful integration requires sensitivity to cultural dynamics, active communication, and deliberate efforts to foster a shared vision among employees of both merging entities. In this respect, PMOs could theoretically serve as facilitators of cultural integration, overseeing initiatives such as joint training, cultural audits, and vision alignment programs. However, current studies stop short of developing concrete frameworks for how PMOs can be deployed to manage cultural integration effectively. This omission points to an important gap in the literature that requires further exploration, particularly given the high failure rates of M&A transactions linked to cultural incompatibility.

Closely related to culture and change management is the issue of operational efficiency. Scholars emphasize that one of the principal goals of M&A is to create operational synergies that enhance competitiveness and reduce costs (De Pelsmacker et al., 2018). Yet in practice, many mergers fail to realize these efficiencies due to poor planning, lack of coordination, and difficulties in consolidating systems and processes. Research from Belgium illustrates how ineffective resource allocation and IT integration can undermine efficiency, leaving merged

institutions with duplicative systems and processes that erode anticipated benefits. PMOs, with their mandate for planning, governance, and resource allocation, are theoretically well positioned to address such challenges by ensuring that integration is systematic and strategically aligned. Nevertheless, the literature offers limited empirical evidence of how PMOs function in this capacity within the banking sector. The absence of studies linking PMO practices to concrete efficiency metrics highlights another gap in understanding the value PMOs may bring to post-merger integration.

In addition to operational and cultural considerations, the literature identifies the role of human resource management (HRM) as strategically vital in M&A transactions. Scholars such as Tarba et al. (2020) stress that HRM functions are central to talent retention, communication, and the alignment of human capital with new strategic objectives. Given that employee insecurity and morale are often the most visible consequences of M&A, the effectiveness of HRM practices can determine whether integration efforts succeed or falter. Effective HRM strategies include transparent communication of organizational changes, provision of training and development opportunities, and mechanisms for employee feedback and participation. However, while HRM is well established as a discipline, the literature rarely explores the potential collaboration between HRM and PMOs in banking M&A contexts. A stronger intersection between these two functions could provide more holistic support for integration, but this remains largely overlooked in academic and practical discussions.

Beyond HRM, PMO implementation itself presents unique challenges that complicate its effectiveness in M&A. The literature points to obstacles such as cultural diversity, resource allocation issues, regulatory complexity, IT integration problems, and resistance to change (Vesa, 2019; PwC, 2018). Müller and Turner (2016) argue that while PMOs can enhance organizational efficiency, their implementation often encounters resistance from employees who perceive them as bureaucratic or redundant. In M&A contexts, this resistance can be amplified by the broader uncertainty and stress associated with organizational restructuring. Moreover, regulatory environments in the banking sector impose additional constraints that PMOs must navigate, including compliance with stringent legal standards and oversight requirements. These factors collectively underscore the difficulty of embedding PMOs effectively within organizations undergoing mergers or acquisitions. Although the literature acknowledges these challenges, it often treats them in generalized terms, without focusing on the specific dynamics of banking institutions and the distinctive pressures they face in M&A scenarios.

The importance of governance and risk management also emerges prominently in the literature. M&A processes in the financial industry are subject to rigorous oversight by regulators, and failure to comply with legal and regulatory frameworks can result in severe financial and reputational consequences (Mao, 2019). PMOs are often tasked with establishing governance structures that ensure adherence to organizational policies and regulatory standards. By providing frameworks for monitoring compliance, PMOs can reduce risks associated with M&A activities and safeguard the integrity of the organization. Yet, despite the apparent suitability of PMOs for this role, few studies directly examine how PMOs structure governance and risk management practices in the banking M&A context. The literature tends to highlight the importance of compliance broadly while neglecting the specific processes and tools through which PMOs might achieve this in practice. This represents another important area where empirical evidence is lacking.

Monitoring and evaluation constitute another core function of PMOs, particularly in M&A integration. As organizations pursue synergies and strategic goals, they must be able to measure progress accurately and identify deviations early. PMOs are equipped to provide these capabilities through the establishment of key performance indicators (KPIs), dashboards, and systematic reporting mechanisms (Kerzner, 2017). Strong monitoring frameworks allow organizations to identify problems in advance, implement corrective measures, and ensure alignment with strategic objectives. Furthermore, PMOs contribute to a culture of continuous improvement by documenting lessons learned, promoting feedback mechanisms, and encouraging innovation. In dynamic environments such as banking, where technological advances and regulatory changes occur rapidly, the ability to adapt and improve continuously is a critical advantage. However, the literature again lacks sufficient exploration of how these monitoring and evaluation functions are carried out specifically in banking M&A, where the stakes and complexities are particularly high.

The theme of adaptability also features strongly in the discussion of PMO roles during M&A. Scholars argue that organizations engaged in mergers must exhibit agility and responsiveness to change, adopting flexible strategies that can accommodate evolving challenges (Vörösmarty et al., 2018). PMOs, through their structured yet adaptable frameworks, are well positioned to foster such adaptability. They can facilitate the adoption of iterative processes, promote knowledge sharing, and encourage experimentation with new ideas. This is often articulated through frameworks such as "Plan-Do-Share-Revise," which emphasize learning and adaptation throughout the integration process. By institutionalizing these practices, PMOs can help organizations navigate the inherent uncertainty of M&A. Yet the literature does not fully explore how PMOs can operationalize adaptability in the banking sector, where rigid regulatory requirements and entrenched practices may limit the scope for flexibility.

Moreover, the literature indicates that PMOs can serve as strategic enablers, offering leaders critical insights into market trends, competition, and operational optimization (Gareis, 2017). By acting as knowledge hubs, PMOs can identify synergies and growth opportunities that might otherwise be overlooked. They can also support decision-making by providing structured analyses of potential risks and benefits, thereby enabling leaders to align integration strategies with long-term organizational goals. In the banking sector, where competition is fierce and customer expectations are rapidly evolving, these strategic contributions could be particularly valuable. However, empirical studies rarely document how PMOs deliver these insights in practice, leaving a gap in understanding their potential as strategic partners in banking M&A.

Despite the broad recognition of the value PMOs can bring, the literature underscores that their implementation in M&A is not without risks. For example, poorly defined PMO structures can add bureaucracy rather than efficiency, delaying decision-making and frustrating employees. Similarly, inadequate resourcing or lack of executive support can render PMOs ineffective, reducing them to symbolic entities with little practical impact (Müller & Turner, 2016). These risks highlight the importance of careful planning and support in establishing PMOs, particularly during the disruptive and resource-intensive process of M&A. Yet again, while these issues are acknowledged, they are not sufficiently examined within the specific context of banking mergers and acquisitions, where the consequences of ineffective PMOs may be especially pronounced.

Taken together, the literature reveals a multifaceted picture of mergers and acquisitions within the banking sector, underscoring both the potential benefits and the recurring obstacles to successful integration. Employee treatment, cultural alignment, change management,

resource allocation, and governance structures emerge consistently as critical determinants of outcomes. PMOs, by virtue of their roles in planning, monitoring, governance, and strategic alignment, are positioned to address many of these challenges in theory. They can help ensure that projects remain consistent with organizational strategy, reduce inefficiencies, manage cultural integration, and enhance decision-making processes. Yet despite this apparent suitability, there is a striking lack of empirical evidence documenting how PMOs actually function within banking M&A contexts. Much of the existing scholarship either discusses PMOs in general organizational settings or examines M&A integration challenges without linking them systematically to PMO practices.

The literature also demonstrates that banking mergers face distinctive pressures that amplify the importance of effective integration. Unlike other industries, banks operate within highly regulated environments, where compliance failures can lead to severe penalties and reputational damage. The integration of IT systems and data infrastructures is particularly critical, as banks rely heavily on technological platforms for their operations. Moreover, customer trust and relationships, which are central to banking competitiveness, are easily jeopardized by instability or disruptions during mergers. In this context, the potential role of PMOs as stabilizing forces becomes even more compelling. However, without targeted studies examining how PMOs operate in banking-specific M&A, the literature offers little guidance to practitioners seeking to leverage PMOs for integration success.

Another gap concerns the intersection of PMOs with human resource management. While HRM is widely recognized as a strategic function in M&A, particularly for managing employee morale and retention, there is little exploration of how HR and PMOs might collaborate in practice. A more integrated approach could potentially align human capital strategies with broader project management objectives, creating synergies that enhance overall effectiveness. Similarly, although cultural integration is consistently identified as a determinant of M&A success, the literature provides few concrete frameworks for how PMOs can facilitate cultural harmonization. The absence of such frameworks is particularly notable given that cultural misalignment is among the most frequently cited causes of M&A failure (Seo & Hill, 2005). The literature recognizes the problem but does not yet provide systematic solutions.

The monitoring and evaluation capabilities of PMOs also warrant deeper examination in the context of banking M&A. While PMOs are often credited with providing performance measurement tools and dashboards, there is little evidence of how these tools are adapted to the unique challenges of financial consolidations. For instance, what kinds of key performance indicators are most effective in tracking integration progress in banks? How can PMOs ensure that monitoring mechanisms not only measure outcomes but also support regulatory compliance and cultural integration? These questions remain largely unanswered in the existing literature, leaving both academics and practitioners with limited insights into best practices.

The literature further suggests that adaptability and agility are essential during M&A, yet the banking industry presents structural and regulatory constraints that may limit flexibility. While PMOs are often described as vehicles for fostering adaptability, the literature does not adequately explore how they reconcile the tension between the need for agility and the rigidities of banking regulation. This represents another significant gap in understanding how PMOs can be effectively tailored to banking M&A contexts.

Overall, the synthesis of existing studies highlights that while PMOs have been widely discussed in project management literature, and M&A integration challenges have been © Copyright 2022 by SBS Swiss Business School – University of Applied Sciences Institute. All Rights Reserved.

extensively documented, the intersection of the two—PMOs as enablers of banking M&A integration—remains underexplored. There is limited empirical research that directly examines how PMOs contribute to addressing employee concerns, managing cultural integration, ensuring compliance, enhancing efficiency, and supporting adaptability during banking mergers and acquisitions. This gap is significant because it leaves practitioners without clear guidance on how to design and implement PMOs that are responsive to the unique demands of banking M&A. At the same time, it offers scholars an important opportunity to advance both theoretical and practical knowledge by investigating this intersection more closely.

In conclusion, mergers and acquisitions in the banking sector are complex undertakings that require careful coordination, robust governance, and sensitivity to cultural and human factors. The literature identifies numerous challenges and offers broad frameworks for addressing them, but often fails to link these challenges to the potential contributions of PMOs. By critically examining the role of PMOs in banking M&A, this working paper seeks to fill this gap, offering insights into how PMOs can be effectively leveraged to enhance integration outcomes. The findings are expected to contribute to both the academic discourse on project management and the practical needs of banking institutions, providing guidance for how PMOs can support sustainable growth and competitive advantage in an increasingly dynamic financial environment.

Methodology

This phase of the thesis sets out the research philosophy, approach, and design used to investigate the dynamics of Project Management Office (PMO) implementation in banking mergers and acquisitions (M&As). The methodology is guided by the research objectives, focusing on leadership commitment, stakeholder management, and regulatory compliance as key benchmarks for effective PMO integration (Turner, 2009). Given the complexity of organizational integration during M&As, the study adopts a concurrent mixed-methods design that combines qualitative and quantitative strategies to capture both the subjective and structural dimensions of the phenomenon.

Research Philosophy and Approach

The study adopts an interpretivist epistemology, acknowledging that PMO implementation in banking M&As is context-dependent and socially constructed (Saunders et al., 2018). This perspective emphasizes participants' experiences, attitudes, and cultural perceptions, recognizing that meaning is situated in specific organizational environments. Interpretivism is chosen over positivist paradigms because it allows the researcher to explore how individuals interpret and respond to PMO integration processes, focusing on meaning-making rather than universal laws. It also supports theory-building by encouraging new conceptual insights from real-world practices.

The methodology is primarily qualitative, relying on in-depth interviews, document reviews, and narrative accounts to explore contextual factors influencing PMO adoption. Semi-structured interviews capture the experiences of key stakeholders such as senior managers, project leaders, and PMO practitioners. Document analysis supplements these interviews by examining meeting minutes, project reports, and organizational policies. This triangulation strengthens the validity of findings, while thematic analysis allows for the identification of patterns and challenges in PMO integration. However, quantitative methods are also

incorporated in the form of structured questionnaires and regression analysis to measure the relationship between PMO functions and organizational performance. This balanced design reflects the study's aim to integrate subjective experiences with measurable indicators.

Autoethnography as Methodological Lens

A distinctive feature of the research is the use of autoethnography, which provides reflexive insights from the researcher's active involvement as a PMO team member in a major bank acquisition (Butz & Besio, 2009). By combining personal reflections with cultural and organizational analysis, autoethnography deepens the understanding of PMO practices from an insider's perspective. The method acknowledges subjectivity as a valuable resource, enabling richer interpretations of how PMOs navigate cultural integration, leadership pressures, and governance challenges during M&As. While critics argue that autoethnography risks bias, it is defended here as a way to illuminate lived experiences that might otherwise remain hidden. Narratives and reflective accounts are triangulated with interviews and literature to ensure rigor and balance.

Research Design

The research employs a secondary research strategy anchored in a systematic literature review. This approach is appropriate given the extensive scholarly debate on PMOs and M&As and the need to consolidate fragmented insights. Secondary data from peer-reviewed journals, academic articles, and industry reports provide a broad basis for understanding the complexities of PMO implementation. Following Creswell (2013), qualitative secondary research is emphasized because it values depth and interpretive richness over breadth. The literature review identifies challenges such as cultural clashes, resource inefficiencies, and regulatory hurdles, as well as opportunities for PMOs to act as enablers of integration success. It also highlights research gaps, particularly the limited empirical evidence on banking-specific contexts.

The design ensures comprehensive coverage of trends, successes, and failures in PMO practices. It allows comparison across multiple cases, avoids the logistical constraints of large-scale primary surveys, and offers theoretical contributions by synthesizing prior findings. Importantly, it aligns with interpretivism by situating knowledge within diverse organizational contexts rather than seeking universal generalizations.

Justification for Philosophy and Design

The interpretivist paradigm and qualitative-heavy mixed-methods approach are justified on several grounds. First, they allow for contextual understanding, capturing how PMO practices are shaped by organizational culture, leadership styles, and regulatory environments. Second, they provide rich insights into complex and dynamic processes that cannot be reduced to quantitative measures alone. Third, they encourage theory creation, enabling new perspectives on PMOs in banking M&As where existing literature remains sparse. By adopting this methodology, the study positions itself to contribute both practical guidance for practitioners and conceptual advancement for scholars.

Data Collection Methods

The research employs a multi-pronged approach to data collection, combining secondary data analysis, semi-structured interviews, and survey questionnaires.

• Secondary Data: The foundation of the study is a systematic review of published literature on PMOs and M&A integration in the banking sector. Sources include

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academic databases such as JSTOR, ScienceDirect, and Emerald Insight, ensuring peer-reviewed credibility. Grey literature, including consultancy reports from firms such as PwC and Deloitte, is also considered to capture industry perspectives. These documents provide context for best practices, emerging challenges, and empirical patterns across diverse organizational settings.

- Semi-Structured Interviews: Interviews target senior managers, project leaders, and PMO practitioners in banking institutions that have undergone M&As. The semi-structured format balances structure and flexibility, enabling the researcher to probe deeply into topics such as cultural integration, governance, and leadership support while allowing participants to highlight issues most salient to their experiences. The goal is to collect rich, narrative data that reflects the lived realities of PMO practitioners.
- Survey Questionnaires: To complement qualitative insights, questionnaires are distributed to a broader pool of banking employees involved in M&A projects. The surveys capture quantifiable data on employee perceptions of PMO effectiveness, cultural challenges, and integration outcomes. Questions are designed on Likert scales to measure attitudes, satisfaction, and alignment with organizational goals. This provides a quantitative dimension to the study, enabling correlations between PMO functions and perceived integration success.

Sampling Strategy

The study uses a purposive sampling technique, selecting participants who have direct involvement in PMOs or M&A projects. This approach ensures that respondents possess relevant expertise and experience, thereby increasing the reliability and richness of data. Key criteria include:

- 1. Employment in a banking institution engaged in M&A activity.
- 2. Direct participation in PMO functions (e.g., governance, monitoring, resource allocation).
- 3. Senior management and project leadership roles, alongside mid-level employees who can provide operational insights.

Sample size for interviews is kept intentionally modest (15–20 participants) to allow for indepth exploration, while surveys target a broader range of 100–150 employees to provide quantitative balance.

Data Analysis

Data analysis follows a thematic and statistical dual approach:

- Qualitative Data Analysis: Interview transcripts and organizational documents are
 coded using thematic analysis (Braun & Clarke, 2006). This involves identifying
 recurring themes such as cultural resistance, leadership commitment, resource
 optimization, and regulatory compliance. Themes are then clustered into broader
 categories to reflect patterns in PMO implementation. NVivo software is used to
 facilitate coding and ensure systematic treatment of qualitative data.
- Quantitative Data Analysis: Survey results are analyzed through descriptive and inferential statistics. Measures include mean scores, correlation coefficients, and

regression analysis to test the strength of relationships between PMO functions and perceived project outcomes. For example, regression models assess how strongly governance or communication processes predict integration success. SPSS software is used to ensure robust statistical analysis.

• Triangulation: A critical element of the methodology is the triangulation of secondary data, interviews, and surveys. By comparing findings across these sources, the study enhances validity and mitigates the risk of bias from any single method. Triangulation also allows the researcher to cross-verify emerging insights, ensuring both depth and breadth in understanding PMO implementation in banking M&As.

Ethical Considerations

Ethical issues are central to the research design. Participants are provided with informed consent forms outlining the purpose of the study, confidentiality provisions, and the right to withdraw at any time. Interviews are anonymized, with identifiers removed to protect sensitive organizational information. Data is stored securely in password-protected files, accessible only to the researcher. Approval is obtained from the relevant institutional review board, ensuring compliance with ethical standards for social science research.

The autoethnographic component raises additional ethical concerns regarding reflexivity and bias. To address this, the researcher maintains a reflective journal documenting decisions, personal reactions, and potential influences on interpretation. This process enhances transparency and allows readers to assess the credibility of findings by recognizing the researcher's positionality.

Reliability, Validity, and Trustworthiness

To ensure academic rigor, the study emphasizes reliability and validity in both qualitative and quantitative strands. In the quantitative component, reliability is addressed through Cronbach's alpha, which tests the internal consistency of survey items. Validity is reinforced through content validity checks, where experts in project management and M&A review the questionnaire to ensure alignment with research objectives.

In the qualitative component, trustworthiness is maintained using Lincoln and Guba's (1985) criteria: credibility, transferability, dependability, and confirmability. Credibility is achieved through prolonged engagement with the data, triangulation, and member-checking where participants review their transcripts for accuracy. Transferability is addressed by providing detailed descriptions of the research context, enabling future researchers to assess applicability. Dependability is achieved through an audit trail documenting the methodological process, while confirmability is enhanced through reflexivity and peer debriefing.

Limitations of the Methodology

Like all research designs, this study acknowledges certain limitations. First, the reliance on purposive sampling limits generalizability, as findings may not reflect experiences in all banking institutions. Second, the autoethnographic approach, while rich in reflexivity, may introduce bias through the researcher's subjectivity. Although reflexive journals and triangulation mitigate this risk, complete objectivity is unattainable. Third, the study's dependence on secondary data constrains the extent to which findings can be applied universally, as literature reviews are limited by available publications. Finally, time constraints reduce the possibility of conducting longitudinal studies that could capture

changes in PMO effectiveness over extended periods. Despite these limitations, the chosen methodology remains robust in addressing the research objectives.

Justification of Methodological Choices

The interpretivist paradigm and mixed-methods design are justified because they capture the complexity of human and organizational factors in banking M&As. Quantitative surveys provide measurable evidence of employee perceptions, while qualitative interviews and autoethnographic reflections add depth and context to these numbers. The dual approach ensures that the study not only identifies patterns but also interprets meanings behind those patterns. Autoethnography, in particular, adds a unique dimension by grounding findings in lived professional experience, bridging the gap between theory and practice.

The choice of thematic analysis for qualitative data aligns with the study's aim to uncover patterns of meaning across diverse sources. Regression and correlation analysis for survey data provide a rigorous means of testing hypotheses about the relationship between PMO functions and M&A outcomes. Triangulation across methods further strengthens the study's reliability, providing a well-rounded view of PMO implementation challenges and opportunities.

Linking Methodology to Research Gap

A central justification for this methodological framework lies in its potential to address the research gap identified in the literature review. While extensive research exists on M&A challenges and PMO practices separately, little empirical work directly examines how PMOs operate within banking mergers and acquisitions. By adopting a mixed-methods strategy, this study captures both the subjective realities of employees and managers and the quantitative patterns linking PMO functions to organizational outcomes. The inclusion of autoethnography offers an additional lens, highlighting the lived experience of PMO implementation in banking contexts where pressures of regulation, efficiency, and cultural integration are particularly intense.

Through this design, the research seeks to provide practical recommendations for banking practitioners on how to implement PMOs effectively during M&A. It also offers theoretical contributions by advancing understanding of PMOs as enablers of integration in highly regulated industries. Ultimately, this methodology ensures that findings are not only academically rigorous but also relevant for decision-makers in banking institutions undertaking mergers and acquisitions.

In summary, This phase of the thesis outlines a carefully constructed methodology rooted in interpretivism and mixed-methods research. By combining secondary data analysis, semi-structured interviews, surveys, and autoethnography, the study captures the multifaceted nature of PMO implementation in banking M&As. Ethical safeguards, reflexivity, and triangulation ensure rigor and credibility, while statistical and thematic analyses provide both breadth and depth. Although limitations such as sampling constraints and researcher subjectivity exist, these are mitigated by methodological transparency and consistency.

Most importantly, the methodology is explicitly tailored to address the research gap in current scholarship: the absence of systematic investigation into how PMOs contribute to successful integration in banking M&As. By bridging insights from literature with empirical data and reflective practice, the research promises to yield findings that are both academically significant and practically useful, advancing knowledge in the field of project management and financial consolidations.

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Results

The findings of this study underscore the critical role of Project Management Offices (PMOs) in shaping the success of banking mergers and acquisitions (M&As). Drawing on mixed-methods evidence, the analysis reveals a consistent pattern: effective integration relies not only on financial and operational synergies but also on organizational culture, leadership commitment, and governance. PMOs emerge as structural enablers that connect strategic objectives to project execution, mitigating risks while enhancing value realization.

A central theme from the findings is the importance of cultural and management integration. In many M&A cases, cultural misalignment between merging institutions was a significant factor leading to conflict, confusion, and employee disengagement. Employees often resisted new practices or showed declining productivity when management failed to align organizational values. PMOs were seen as instrumental in managing cultural integration, primarily by facilitating structured communication channels, cultural audits, and integration workshops. Evidence suggested that cultural harmonization is not a one-time effort but an iterative process that requires continuous reinforcement through shared practices and leadership endorsement. By coordinating joint initiatives, PMOs helped bridge the gap between differing organizational identities, thus reducing resistance and building cohesion across teams.

Closely related to culture, the role of leadership support emerged as another dominant finding. Leadership commitment was repeatedly highlighted as one of the strongest predictors of M&A success. Senior executives who endorsed PMO initiatives, provided resources, and communicated clear expectations created an environment where project objectives were aligned with broader strategic goals. Conversely, a lack of visible leadership often resulted in fragmented integration processes, unclear priorities, and reduced employee trust. PMOs were most effective when they operated under strong executive sponsorship, enabling them to enforce governance, monitor progress, and escalate issues without resistance. The findings suggest that leadership and PMOs function symbiotically: leaders set the tone and strategic direction, while PMOs provide the structure, tools, and monitoring mechanisms to ensure objectives are achieved.

Beyond strategic sponsorship, leadership was also crucial in addressing the human side of M&A, particularly employee morale and job security. Findings showed that employees often perceived mergers as threatening, with fears of redundancy or role changes undermining engagement. Where leaders actively communicated the value of integration and provided assurances, resistance decreased significantly. PMOs facilitated this communication by designing engagement strategies, town halls, and progress updates that translated leadership vision into tangible actions. This integration of leadership communication with PMO planning proved essential for maintaining organizational stability during periods of uncertainty.

The study also highlights the critical role of PMOs in governance and regulatory compliance, particularly within the banking sector's highly regulated environment. Governance was identified as both a challenge and a necessity. On one hand, mergers often exposed gaps in compliance frameworks due to differing regulatory requirements between institutions. On the other, strong PMO-led governance frameworks provided clear guidelines for aligning compliance processes. PMOs supported due diligence by ensuring that integration projects adhered to legal standards, financial regulations, and risk management protocols. The

evidence suggests that PMOs not only acted as project monitors but also as compliance stewards, safeguarding the institution from reputational and financial penalties. This dual role elevated their importance beyond operational efficiency to strategic risk management.

Another consistent finding was the centrality of change management. M&A inherently demands widespread organizational change, ranging from restructuring departments to adopting new IT systems. The findings showed that change was one of the most difficult aspects for employees and managers alike. Resistance to change was highest when communication was weak or when employees felt excluded from decision-making. PMOs, through structured methodologies, facilitated smoother change management by introducing frameworks for stakeholder involvement, providing training and support systems, and monitoring adaptation across different organizational levels. The evidence emphasized that successful PMOs treated change management as an integrated function of project governance, rather than a separate activity. This perspective enabled proactive responses to employee concerns and more effective alignment of people with processes.

Finally, operational challenges were strongly tied to the above themes. Integration of IT systems, duplication of processes, and inefficiencies in resource allocation frequently undermined the expected benefits of mergers. PMOs contributed by mapping existing processes, identifying redundancies, and aligning resources with strategic priorities. In some cases, PMOs helped reduce operational disruptions by phasing integration and prioritizing high-impact areas first. This structured approach not only improved efficiency but also reassured employees that integration was being managed systematically.

The findings demonstrate that PMOs play a multidimensional role in banking M&A, contributing to both operational efficiency and strategic value creation. Rather than being limited to monitoring timelines or resources, PMOs were repeatedly highlighted as enablers of transformation, influencing outcomes in areas ranging from risk management to innovation.

One of the most notable contributions identified was the PMO's ability to create value and synergy. M&As are often justified by the promise of synergies—cost savings, economies of scale, and expanded market reach. However, evidence shows that these anticipated benefits often go unrealized without structured oversight. PMOs were effective in mapping potential synergies, prioritizing integration activities that maximized financial and operational benefits, and ensuring that synergy targets were measurable. For instance, PMOs were observed coordinating consolidation of overlapping departments, aligning customer service operations, and rationalizing IT infrastructure. By monitoring and reporting progress against predefined synergy objectives, PMOs helped ensure that expected value was not lost in the complexity of integration.

Another significant contribution is in risk management. Banking mergers face heightened risks, including reputational damage, data security breaches, and regulatory penalties. The findings show that PMOs acted as risk monitors, introducing structured frameworks for identifying, assessing, and mitigating risks. Risk registers and escalation protocols enabled PMOs to detect potential issues early, while continuous monitoring minimized disruptions. For example, when IT system integration threatened data security, PMOs coordinated phased rollouts and established contingency plans. These risk mitigation strategies reduced exposure and maintained stakeholder confidence, reinforcing the PMO's role as a guardian of institutional integrity.

PMOs also played a crucial role in driving efficiency and resource optimization. M&A projects often involve the consolidation of resources, yet redundancies and inefficiencies are common when two organizations merge. Findings indicate that PMOs provided systematic approaches to resource mapping, identifying overlaps in staff roles, technology platforms, and operational processes. By reallocating resources to high-priority areas, PMOs improved efficiency while reducing waste. In practice, this meant guiding decisions about which legacy systems to retain, how to allocate project funding, and how to ensure critical talent was retained. Evidence also suggested that PMOs enhanced productivity by introducing standardized processes across the merged entity, reducing duplication of effort, and ensuring smoother coordination between departments.

A further area of contribution lies in facilitating change and cultural integration. While cultural alignment is often described as a challenge, findings highlighted that PMOs helped operationalize solutions by translating strategic vision into concrete actions. Through structured communication plans, cultural workshops, and employee engagement programs, PMOs reduced resistance and created spaces for dialogue between different organizational groups. Importantly, PMOs provided continuity: they ensured that cultural integration was treated as an ongoing process rather than a one-time initiative. This continuity reassured employees and fostered a sense of shared identity, both of which are vital for successful M&A outcomes.

The findings also suggest that PMOs supported knowledge sharing and innovation during the integration process. In several cases, PMOs acted as knowledge hubs, documenting lessons learned, codifying best practices, and ensuring that experiences from previous projects informed future ones. This documentation reduced the likelihood of repeating mistakes and created a shared repository of integration strategies. In addition, by encouraging experimentation and openness, PMOs enabled employees to contribute ideas for innovation. For example, merged banks often leveraged PMO-facilitated brainstorming to redesign customer service channels or develop new digital products. This ability to capture and channel innovation positioned PMOs not just as controllers but as enablers of growth.

Another critical contribution was the enhancement of strategic decision-making. PMOs provided executives with reliable data and performance metrics, enabling informed choices about integration priorities and resource allocation. Regular reporting frameworks ensured transparency, while dashboards and key performance indicators (KPIs) gave leaders real-time insights into progress. These practices not only improved accountability but also reinforced trust among stakeholders, who could see that integration was being managed systematically. By aligning tactical execution with strategic goals, PMOs elevated their role from project managers to strategic partners in banking M&A.

Finally, findings highlighted how PMOs helped banks build competitive advantage in highly contested markets. By ensuring efficient integration, minimizing risks, and capturing synergies, PMOs enabled merged banks to emerge stronger, more resilient, and better positioned against competitors. In an environment where customer trust and regulatory compliance are paramount, the ability to integrate without disruption became a differentiator. PMOs were also seen as long-term assets, contributing not only to the immediate M&A process but also strengthening institutional capacity for future projects and innovations.

In sum, PMOs were found to contribute significantly across multiple dimensions: value creation, risk management, efficiency, cultural integration, knowledge sharing, and strategic alignment. These contributions extend beyond the operational level, highlighting PMOs as critical enablers of organizational transformation during banking M&As. The findings

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therefore reposition PMOs not merely as administrative units but as essential drivers of competitive advantage in an increasingly complex financial landscape.

Conclusions

Mergers and acquisitions (M&As) remain central to the strategic growth of financial institutions. However, the banking sector's volatility and strict regulatory environment complicate these transactions, requiring leadership, planning, and orchestration comparable to conducting a symphony. The findings emphasize that Project Management Offices (PMOs) act as orchestrators of M&A activities, shaping not only operational integration but also cultural adaptation, risk management, and regulatory compliance .

This section synthesizes insights from the research, focusing on three core audiences: (1) bank executives, (2) PMO professionals, and (3) regulators and policymakers. Each group engages with PMOs differently, yet their interdependence underscores the broad relevance of PMO functions in delivering sustainable and effective M&A outcomes.

PMOs as Strategic Orchestrators

The research underscores the multifaceted contributions of PMOs. These include:

- 1. Risk guardianship: Identifying financial, operational, and legal risks early, avoiding costly missteps such as overvaluation or regulatory penalties.
- 2. Integration managers: Coordinating culture, communication, and change management strategies that support staff adaptation and prevent disruptions.
- 3. Compliance navigators: Guiding executives through complex banking regulations, ensuring alignment with statutory frameworks to avoid reputational and legal risks.
- 4. Resource optimizers: Streamlining workflows, reducing duplication, and ensuring efficient use of financial and human resources.

PMOs, therefore, are not auxiliary units but central allies in protecting shareholder value, maintaining stability, and achieving post-merger synergies.

Implications for Bank Executives

Executives face the dual challenge of strategic decision-making and operational oversight in M&A transactions. The research identifies several ways PMOs support them:

1. Data-Driven Strategic Insights

PMOs equipped with analytics provide detailed market intelligence, competitor mapping, and scenario simulations. This reduces uncertainty and strengthens the accuracy of valuation and synergy assessments. By evaluating potential risks and opportunities, PMOs enable executives to anticipate market fluctuations and develop resilient strategies .

2. Value Creation and Synergy Realization

PMOs design integration roadmaps, harmonize operations, and oversee performance tracking. Their systematic monitoring of KPIs allows executives to measure synergy realization in real

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time and refine strategies as needed. This ensures that post-merger benefits, such as economies of scale or expanded market access, are achieved rather than lost in integration complexity.

3. Cost-Effectiveness and Resource Optimization

By standardizing processes and centralizing resource allocation, PMOs minimize duplication and operational waste. They act as hubs for coordinating staff, budgets, and IT systems, ensuring that mergers remain within budget and deliver the promised return on investment.

4. Governance, Risk, and Compliance

PMOs build robust frameworks to identify and mitigate risks. Their contingency planning allows executives to respond quickly to disruptions—whether regulatory changes, IT integration challenges, or cultural resistance. As compliance experts, PMOs reduce exposure to lawsuits and reputational harm, ensuring smooth navigation of legal and statutory requirements.

5. Change and Cultural Integration

Executives often underestimate the difficulty of cultural unification. PMOs bridge this gap by fostering communication, conducting cultural audits, and facilitating joint vision-setting. Employees are less resistant when they understand the rationale for changes, creating smoother transitions and stronger alignment with the merged entity's objectives.

Implications for PMO Professionals

PMO practitioners themselves are undergoing transformation. No longer limited to administrative oversight, their roles have expanded into strategic partnership, cross-functional leadership, and analytics-driven decision-making.

1. Evolving Roles and Skills

PMO professionals are now expected to act as trusted advisors at the executive table. Their success depends on agility, adaptability, and a strong grasp of both project management and financial acumen. Data literacy is especially critical—PMO staff must use analytics to identify patterns, optimize processes, and demonstrate tangible contributions.

2. Communication and Stakeholder Management

Given the cross-functional nature of M&A, PMOs must excel in negotiation, conflict resolution, and cultural sensitivity. They act as "bridges," connecting disparate departments and stakeholder groups. By facilitating dialogue and managing expectations, they help prevent resistance and build shared ownership of integration outcomes.

3. Data Analytics and Performance Evaluation

Real-time dashboards and KPI frameworks allow PMO professionals to measure project performance. Demonstrating value is essential: practitioners must link PMO contributions to measurable improvements in efficiency, risk reduction, or synergy realization. Continuous learning—both personal and organizational—is critical to sustaining PMO effectiveness in dynamic environments.

4. Lifelong Learning and Adaptability

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The evolving regulatory and technological landscape requires PMO professionals to embrace continuous education. Rotational programs, cross-role collaboration, and peer learning strengthen adaptability, ensuring that PMOs remain relevant even as M&A practices evolve.

Implications for Regulators and Policymakers

Regulators play a critical role in maintaining transparency and stability in financial markets. The research highlights that PMOs can serve as partners in regulatory oversight.

1. Enhancing Transparency and Governance

By standardizing reporting and disclosure practices, PMOs provide regulators with accurate, timely data on M&A activities. This transparency strengthens trust between institutions and authorities, ensuring accountability throughout the integration process.

2. Mitigating Systemic Risks

Large-scale mergers carry systemic risks, including instability in credit markets or disruption of consumer confidence. PMOs contribute by conducting stress tests, scenario planning, and capital adequacy assessments. Their proactive risk management helps regulators monitor and mitigate broader systemic threats.

3. Developing Guidelines and Best Practices

PMOs and regulators can collaborate to establish standardized best practices for M&A governance. Data-driven input from PMOs enables regulatory frameworks to be evidence-based rather than reactive, improving consistency across jurisdictions and fostering international convergence of banking standards.

4. Monitoring and Reporting

PMOs' ability to collect and analyze data positions them as valuable allies in tracking M&A activity. Real-time monitoring tools can alert regulators to early warning signs of integration failure, allowing timely interventions to protect stakeholders and ensure financial stability.

Reframing PMO Structures and Processes

The section emphasizes that PMOs must shift from siloed structures to cross-functional, collaborative teams. Rather than individual roles dominating integration, success depends on shared accountability, fluid communication, and interdependent expertise.

- From Individual Impact to Collective Value: PMO effectiveness is maximized when roles are integrated into a collective structure rather than evaluated in isolation.
- From Static Roles to Continuous Learning: Agile, learning-oriented PMOs adapt to changing M&A conditions and regulatory demands.
- From Rigid Hierarchies to Cross-Functional Teams: Collaboration between planning, execution, and monitoring functions strengthens innovation and decision-making.

This reorientation leads to higher M&A success rates, stronger stakeholder relationships, and cultures of innovation within banking institutions.

Conclusion summary

The analysis positions PMOs as central actors in banking M&As. For executives, they offer data-driven insights, risk management, and integration oversight. For professionals, they

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demand adaptability, strategic thinking, and communication expertise. For regulators, they provide transparency, systemic safeguards, and guidance in developing robust governance frameworks.

Ultimately, the sustainability of M&A outcomes depends on collaborative PMOs that integrate strategy, culture, and compliance into one coherent system. By reframing their structures and embracing cross-functional teamwork, PMOs can unlock the full potential of mergers and acquisitions in banking.

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Appendices

Appendix I

Interview Questions

Title: The implementation Dynamics and Challenges of PMO (Program Management Offices) in banking Mergers and Acquisitions

Ouestions

- 1. What role does the PMO play in your bank's merger and acquisition process?
- 2. Can you list the primary factors that positively influenced the implementation of your PMO in banking mergers and acquisitions?
- 3. What obstacles have you faced while establishing the PMO for a merger and acquisition?
- 4. How were these obstacles overcome?
- 5. What are the key elements that facilitated the implementation process of the PMO?
- 6. Were there any unique compliance requirements or regulations that impacted PMO implementation during a merger or acquisition?
- 7. On a scale of 1-10, how would you rate the impact of the PMO on project performance in banking M&As?
- 8. Can you provide examples where the PMO significantly impacted decision-making during a merger or acquisition?
- 9. How does the PMO contribute to resource optimization in the merger and acquisition process?
- 10. Are there any key performance indicators (KPIs) that you use to measure the success of the PMO in mergers and acquisitions?

- 11. hat techniques or approaches have been most effective in tackling issues during PMO implementation?
- 12. Can you identify any best practices for PMO implementation in the context of banking M&As?
- 13. What are the key determinants of success for PMO implementation in your organization?
- 14. Do you think there are future trends that will impact how PMOs function in banking M&As?
- 15. What implications could these future trends have for your banking organization?
- 16. How does your bank evaluate the success of the PMO post-merger or acquisition?
- 17. Is there a feedback mechanism for continuous improvement of the PMO process?
- 18. How does your PMO interact with other departments during a merger or acquisition?
- 19. Have you sought external consultation or expertise for PMO implementation?
- 20. Would you recommend any modifications to the existing PMO framework to better adapt to the context of banking mergers and acquisitions?

Sample Answers:

