

# Lorraine McCrossan | Ready-To-Use Courses

Ready to propel your team's skills?

Email: [lorraine@lorrainemccrossan.com](mailto:lorraine@lorrainemccrossan.com)

## CALM IN THE CHAOS

*Stress Management and Adaptability*

**Stress shows up. So do you. Stronger.**

Stress is costly—and common. Productivity losses due to stress cost businesses over \$300 billion each year. That's why adaptability is crucial. This high-impact, interactive course equips participants to manage stress and adapt to change without burning out. They'll explore key sources of stress and learn to spot symptoms before they escalate. With simple, proven strategies, participants build the resilience to stay focused, steady, and thrive—no matter what the day throws their way.

### Highlights

- Ready-to-launch half-day course with practical, results-driven content
- Available in multiple training formats: instructor-led (ILT), virtual instructor-led (VILT), or eLearning
- Flexible for how you train—I provide the course, you lead the learning
- I train you how to run it and give you everything you need to succeed
- One all-inclusive price—no licensing, no per-participant fees—just a single purchase for unlimited use within your organization

# What's Included

## Instructor-Led Training (ILT)

\$9500

- 4-hour in-person session that your trainers conduct, with the option to break into shorter modules
- 3-hour train-the-trainer and Q&A session for your internal trainer(s)
- Comprehensive trainer resource package for your trainers: PowerPoint deck, trainer guide, participant workbook, and supporting handouts
- Unlimited delivery and use within your organization

## Virtual Instructor-Led Training (VILT)

\$9500

- 4-hour live online session that your trainers conduct, with the option to break into shorter modules
- 3-hour train-the-trainer and Q&A session for your internal trainer(s)
- Comprehensive trainer resource package for your trainers: PowerPoint deck, trainer guide, participant materials
- Unlimited delivery and use within your organization

## eLearning

\$5000

- Self-paced online course, organized into short modules
- SCORM-compliant files for you to easily upload to your LMS OR web-ready modules for you to share directly with learners
- Downloadable resources for the learner to enhance retention and on-the-job application
- Unlimited use within your organization

## Optional Add-Ons

- Customization (e.g., branding, scenario tailoring): \$500–\$1,500
- Refresher training (for new trainers): \$250