

EXPRESS · INTRO TO THE SEVEN-DAY SYSTEM

Start in a single session.

Two ways into the Mission-Ready system without committing to all seven days. Both stand entirely on their own — and both are built so your unit can see, in one sitting, exactly what the full program would do.



1 Full-Day Mission-Ready Leadership Workshop

Pick your topics. One day. Immediately applicable.

1 to 8 hours · 2 to 200 participants

A single immersive day built from the seven-day curriculum, scoped to what your unit needs most. Choose the topics, and the day is customized around them — the same material, compressed into one sitting, with the practical exercises kept and the theory trimmed.

2 Resilient Relationships: Communicate, Connect and Thrive

One hour. The four skills that hold relationships together under pressure.

1 hour · 2 to 200 participants

Participants learn how emotional intelligence and healthy communication strengthen relationships during pressure, conflict, and change. The course addresses triggers, active listening, boundaries, and constructive conversations.

WHERE IT LEADS — THE SEVEN-DAY SYSTEM

- ✓ Day 1 — Emotional Intelligence
- ✓ Day 2 — Resilience
- ✓ Day 3 — Communication
- ✓ Day 4 — Whole-Person Leadership
- ✓ Day 5 — Human Performance
- ✓ Day 6 — Team Development
- ✓ Day 7 — Leadership Psychology

Each day runs 1 to 8 hours for 2 to 200 participants. Book one, book several, or run the whole system. Full curriculum and current rates at krystalore.com/military/7-day.



Scan to request this program
krystalore.com/military/express

Krystalore Crews

22-Yr USAF Senior NCO (Ret.)

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krystalore.com/military

EXPRESS · FULL DAY

Full-Day Mission-Ready Leadership Workshop

Pick your topics. One day. Immediately applicable.

DURATION

1 to 8 hours

GROUP SIZE

2 to 200 participants

FORMAT

Interactive — not a slide deck

A single immersive day built from the seven-day curriculum, scoped to what your unit needs most. Choose the topics, and the day is customized around them — the same material, compressed into one sitting, with the practical exercises kept and the theory trimmed.



COVERS

Emotional Intelligence

Resilience

Communication

Whole-Person Leadership

Human Performance

Team Development

Leadership Psychology

WHAT WE COVER

01

Built around your topics

Choose from all seven disciplines. The curriculum is assembled after a scoping call, not pulled off a shelf.

02

Scaled to your schedule

Anywhere from a one-hour block to a full eight-hour day, with the exercises adjusted to fit rather than cut.

03

Scaled to your group

Two people or two hundred. Small groups go deeper; large groups get more structure.

04

Interactive, not a slide deck

Participants practise, discuss, and leave with something written. Nobody watches PowerPoint for a day.

Takeaway. A unit that shares a vocabulary and a set of practical tools by the end of a single duty day — and a clear read on which of the seven days to book next.



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EXPRESS · ONE HOUR

Resilient Relationships: Communicate, Connect and Thrive

One hour. The four skills that hold relationships together under pressure.

DURATION

1 hour

GROUP SIZE

2 to 200 participants

FORMAT

Interactive — not a slide deck

Participants learn how emotional intelligence and healthy communication strengthen relationships during pressure, conflict, and change. The course addresses triggers, active listening, boundaries, and constructive conversations.



COVERS

Emotional Intelligence

Relationships

Communication

Resilience

WHAT WE COVER

01

Triggers

Recognising what sets you off before it costs you the conversation, and what to do in the seconds you have.

02

Active Listening

Listening so the other person can tell you the real problem — the skill that prevents most conflicts from forming.

03

Boundaries

Holding a limit clearly and without hostility, so the relationship survives the limit.

04

Constructive Conversations

A structure for raising something hard that keeps the connection intact while still saying the thing.

Takeaway. Tools to navigate challenging conversations without sacrificing connection, respect, or emotional well-being.



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