

The One-Pager That Gets Claude Cowork Training Approved

Found us but need budget sign-off? Forward this page to whoever approves training spend — or hand them the PDF or Word version at the bottom. Either way, the case fits on one screen.

The 60-Second Case

- **The problem:** Individual Claude use plateaus fast. Everyone prompts differently, nobody shares what works, and the team's collective output barely moves — one person getting faster doesn't transform a team.
- **The fix:** Structured, hands-on team training — not another solo tutorial. Every participant automates a real task from their own job during the session and leaves with shared workflows the whole team reuses.
- **The cost:** \$7,000 for the Two-Day Team Workshop, up to 25 people (\$280/seat at capacity). Full formats and pricing: </pricing/>.
- **The return:** Even on conservative assumptions, the program pays for itself in under a month of normal work — shown honestly, with the assumptions in the open, below.

The ROI Math, Shown Honestly

Worked example for a 25-person team booking the Two-Day Team Workshop (\$7,000 flat, \$45/hour synthetic loaded cost).

Scenario	Hours saved	Weekly value	Payback	Year-1 net*
Conservative	1.5 hrs/wk	\$1,688	21 days	\$77,375
Expected	3 hrs/wk	\$3,375	10 days	\$161,750
Optimistic	5 hrs/wk	\$5,625	6 days	\$274,250

* Illustrative estimate based on a synthetic Metamorfeus case study, not a measured client result. Basis: 25 participants (Two-Day Team Workshop capacity) × hours saved per person per week (1.5 / 3 / 5 across the three columns) × a synthetic blended loaded hourly cost of \$45/person, sustained across a 50-week working year, against the flat \$7,000 program cost. Actual results vary by role, tooling, and rollout quality — our own rollout programs measure and report real hours-saved at day 30 rather than assuming them.

Copy-Paste Email to Your Manager

Subject: Approving Claude Cowork training for our team — the 60-second case

Hi [Manager],

I'd like us to book the Two-Day Team Workshop from Claude Cowork Training for our team — \$7,000 for up to 25 people.

The case in three lines:

- We already have Claude — most of the team barely uses it beyond a chat window.
- Structured team training (not another solo tutorial) is what turns individual AI use into a team-wide productivity gain.

- Even a conservative estimate — 1.5 hours saved per person per week — pays back the program cost in about a month; the training's own case-study math suggests it's closer to two weeks under typical assumptions.

Full breakdown, with every assumption shown: <https://claudecoworktraining.com/teams/convince-your-manager/>

Happy to walk through it live or answer questions — let me know.

[Your name]

*Claude Cowork Training — claudecoworktraining.com/teams/convince-your-manager/
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