

What is a Video Lesson?

Last Modified on 08/05/2025 12:27 pm EDT

This article explains what Video Lessons are in Big Think+ and how to get the most out of them.

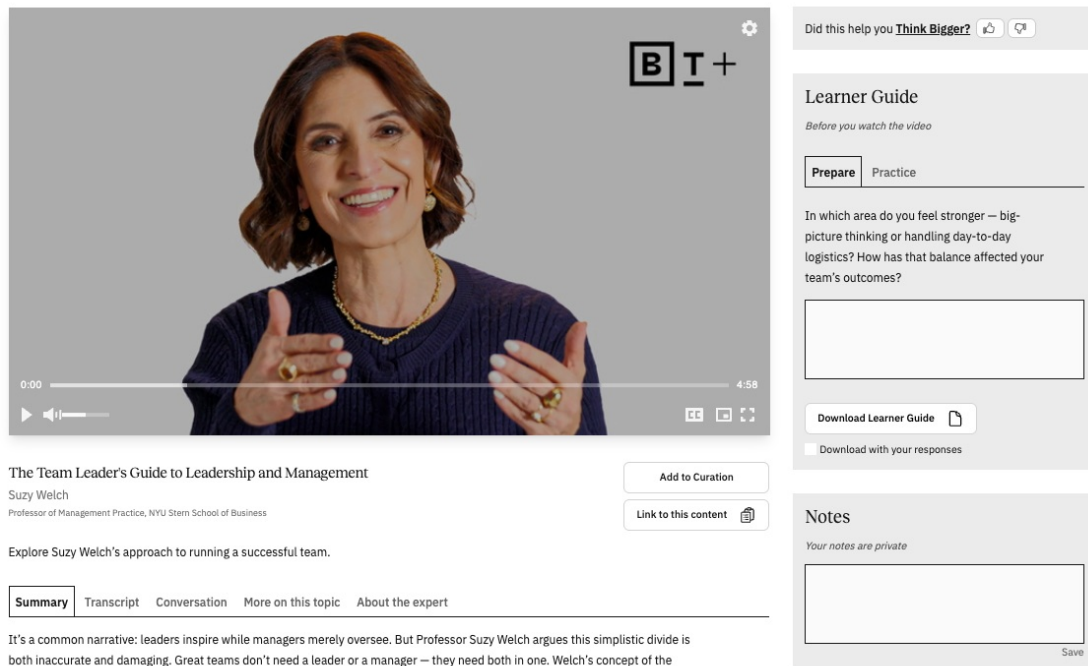
Video Lessons are short, expert-led clips designed to deliver one powerful idea at a time. They are ideal for on-the-go learning and immediate insight, paired with reflection and action tools to help you apply what you've learned.



What will I see on a Video Lesson page?

Each lesson page includes:

- **The expert-led video** (usually 3–7 minutes long) that focuses on one idea, framework, or takeaway
- A **Learner Guide** to help you reflect and apply the content
- A space for **private notes**
- A short **summary** and access to the **transcript**
- Tabs for exploring **more on this topic** and **about the expert**
- An option to **add the lesson to a Curation** or **copy a shareable link**

The Team Leader's Guide to Leadership and Management




Did this help you **Think Bigger?**  

Learner Guide

Before you watch the video

Prepare Practice

In which area do you feel stronger — big-picture thinking or handling day-to-day logistics? How has that balance affected your team's outcomes?

[Download Learner Guide](#) 

[Download with your responses](#)

Notes

Your notes are private

[Save](#)


The Team Leader's Guide to Leadership and Management
 Suzy Welch
 Professor of Management Practice, NYU Stern School of Business

Explore Suzy Welch's approach to running a successful team.

Summary Transcript Conversation More on this topic About the expert

It's a common narrative: leaders inspire while managers merely oversee. But Professor Suzy Welch argues this simplistic divide is both inaccurate and damaging. Great teams don't need a leader or a manager — they need both in one. Welch's concept of the "lanager" blends the visionary drive of leadership with the practical execution of management.

[Add to Curation](#)

[Link to this content](#) 

What's the Learner Guide?

The Learner Guide is unique to each lesson and is intended to help you turn ideas into action. The prompts help you go deeper in two phases:

- **Prepare:** Prompts to think about before watching the video (e.g., "How do you usually feel when faced with change?")
- **Practice:** Prompts to apply what you've learned after watching

You can type directly into the guide or download it, with or without your responses, for personal or team use.

How can I make the most of a Video Lesson?

- **Watch the video** fully to absorb the expert's perspective
- **Engage with the Learner Guide** before and after watching
- **Take notes** in the private Notes section to track your own takeaways
- **Read the summary or transcript** if you want to review or skip around
- **Use "More on this topic"** to explore related lessons

- Add to your [Watch Later Curation](#) if you're not ready to act right away

When should I use a Video Lesson?

Video Lessons are great when you:

- Want a fast, high-impact learning moment
 - Need help thinking through a challenge at work
 - Are short on time but still want to grow
 - Want to preview a topic before diving deeper
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