

What is an Expert Class?

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This article explains what Expert Classes are in Big Think+ and how they can help you go deeper on key topics.

Expert Classes are multi-lesson learning experiences built around the perspective of one Big Think+ expert. They're designed to help you go beyond quick takeaways and explore a topic in depth – whether it's decision-making, feedback, productivity, or personal growth.

What will I see on an Expert Class page?

Each Expert Class includes:

- A short **introductory overview** explaining what the class covers and why it matters
- A set of clear **Learning Objectives** to guide your focus
- A list of **5–10 Video Lessons**, each around 3–7 minutes, sequenced to build on one another
- Downloadable **Discussion Guides** tailored for different audiences (e.g., Individual Contributors, Team Managers, Senior Leaders)
- The ability to **add the class to a Curation** or **copy a link to share**

Productivity for Mortals

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Everywhere we turn — social media, ads, TV — we're surrounded by polished images of how life *should* look. Even though we know perfection isn't real, it can still leave us feeling stuck. "Why even try?" we wonder as we face our messy, imperfect lives. Oliver Burkeman challenges this mindset, urging us to see through the illusion and embrace our limitations. Not just because as finite humans, we have no other choice, but because doing so can unlock freedom and a path toward achieving what matters most. It's still a productivity approach, just one designed for real, imperfect people.

Learning Objectives

- Release the constraints of perfectionism that hold you back.
- Adopt a balanced, sustainable approach to productivity.
- Prioritize a few meaningful outcomes that matter — today.
- Reframe discomfort as a nudge toward growth.
- Live your ideal identity now while making room for serendipity.

Resources

- [Individual Contributor Discussion Guide](#)
- [Team Manager Discussion Guide](#)
- [Senior Leader Discussion Guide](#)

Lessons



Productivity for Mortals
Oliver Burkeman
Author, *Meditations for Mortals*



Let Go of Perfectionism
Oliver Burkeman
Author, *Meditations for Mortals*



Reset Your Standard to Avoid Self-Sabotage
Oliver Burkeman
Author, *Meditations for Mortals*



Push Through Awkwardness to Achieve Growth
Oliver Burkeman
Author, *Meditations for Mortals*

What are Discussion Guides?

Each Expert Class includes role-specific **Discussion Guides** to help you lead a conversation with others. They include:

- Prompts for **reflection** and **real-world application**
- Questions and activities designed for **group discussions**
- Versions **tailored for specific roles**: Individual Contributors, Team Managers, or Senior Leaders

You can download these directly from the Expert Class page and use them to initiate formal or informal conversations.

How can I make the most of an Expert Class?

- **Watch the lessons in order** to follow the expert's thinking from start to finish
- **Pause between lessons** to reflect or take notes on key takeaways
- **Use a Discussion Guide** to go deeper or spark dialogue with your team
- **Revisit the class** when you're facing a related challenge

When should I use an Expert Class?

Expert Classes are a great choice when you:

- Want a deeper understanding of a topic from a trusted expert
 - Prefer learning in shorter sessions spread across multiple lessons
 - Want content that's structured but doesn't require full course enrollment
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