What is a Course?

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This article explains what Courses are in Big Think+ and how to use them for structured, in-depth learning.
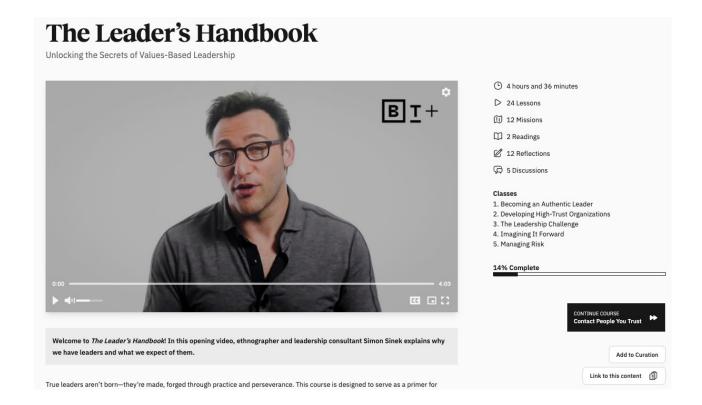

Courses are in-depth learning experiences that go beyond watching video lessons. They combine expert insights with guided exercises — called **missions** and **reflections** — to help you apply new ideas in real life. Each Course is organized into a series of Classes that follow a clear theme and build your skills over time.

What will I see on a Course page?

Each Course includes:

- A **welcome video** to set the tone and introduce the main themes

- A breakdown of included content (e.g., number of lessons, missions, reflections, discussions, and readings)

- A progress bar so you can track how far you've gone

- A list of **Classes**, each focused on a distinct subtopic

- A **Continue Course** button to pick up where you left off

- Options to **add the course to a curation** or **share a direct link** to the full path

The Leader's Handbook
Unlocking the Secrets of Values-Based Leadership

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⏱ 4 hours and 36 minutes
▷ 24 Lessons
📖 12 Missions
📖 2 Readings
✎ 12 Reflections
💬 5 Discussions

Classes
1. Becoming an Authentic Leader
2. Developing High-Trust Organizations
3. The Leadership Challenge
4. Imagining It Forward
5. Managing Risk

14% Complete

CONTINUE COURSE
Contact People You Trust ▶▶

Add to Curation

Link to this content 📋

Welcome to *The Leader's Handbook*! In this opening video, ethnographer and leadership consultant Simon Sinek explains why we have leaders and what we expect of them.

True leaders aren't born—they're made, forged through practice and perseverance. This course is designed to serve as a primer for

What are missions and reflections?

Each lesson in a Course is followed by a guided **exercise** — either a **mission** or a **reflection** — to help you apply the ideas in context:

Missions prompt you to **take action**. You might be asked to:

- Have a conversation with a teammate

- Try out a leadership move

- Set up a new habit or team process

Reflections help you **think deeply**. You might be asked to:

- Reflect on a past decision

- Self-assess a skill like confidence or risk-taking

- Set intentions before trying a mission

How can I make the most of a Course?

- **Follow the Class order:** lessons and exercises build on each other

- **Do the exercises:** they're not optional add-ons; they're where the learning sticks

- **Use the language from lessons** when completing your missions or reflections

- **Join the discussion** at the end of each Class to learn from others

- **Finish at your own pace:** you'll always be able to resume where you left off

When should I use a Course?

Courses are best when you want to:

- Make a meaningful change in your behavior or mindset

- Practice skills in real-world settings, not just learn about them

- Engage with learning over time, instead of all at once

- Apply expert insights in your own voice and context