

# How can I use Big Think+ to support facilitated sessions?

Last Modified on 02/25/2026 2:38 pm EST

*This article outlines three simple ways you can integrate Big Think+ into your facilitated or instructor-led learning programs.*

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Big Think+ can be a thoughtful complement to instructor- or facilitator-led experiences for both in-person and virtual sessions. Using microlearning lessons as a complement to or in these sessions is a great way to “invite an expert” into the room, and can introduce fresh perspectives, create shared language, and spark more meaningful dialogue.

## What are some simple ways I can integrate Big Think+ into my facilitated or instructor-led learning programs?

### 1. Use a Flipped Approach

What if participants arrived having already engaged with the core ideas?

As an example, prior to a classroom session on feedback and coaching, you can provide pre-work that covers soft skills such as active listening and asking open-ended questions. Then, during the session, you can have participants discuss why these skills can be challenging, and things they tried that made them easier.

[Curated Big Think+ playlists](#) can be assigned as that pre-work, allowing live sessions to create relatable relevance by focusing on:

- Dialog
- Real-world problem solving
- Peer coaching
- Skill practice

This can elevate the depth of the conversation because participants are building on shared foundations rather than starting from scratch. And from a practical perspective, this approach can shorten the amount of time spent away from day-to-day work which can encourage engagement and lessen distractions.

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### 2. Invite an “Expert Voice” Into the Room

A short 3–5 minute clip can open a topic and frame it from a recognized expert’s perspective.

Here’s how this might work:

1. Share a video to introduce a concept.

2. Invite participants to reflect on what resonated or challenged them.
3. Transition into discussion or practice.

Consider questions like these to help participants create relevance:

- What assumption does this challenge?
- Where would this be hardest to apply in our context?
- What behavior would look different if we embraced this?

As an example of what this could look like, showing Alisa Cohn’s “[How to give constructive feedback](#)” video on how feedback can be an ongoing relational process, can open up a richer conversation before participants practice giving feedback themselves. Having an expert introduce concepts provides a neutral framing that encourages self-reflection over defensiveness.

[Here are some samples](#) of what a facilitated discussion could look like using Big Think+ Lessons.

**Tip:** Use the Discussion Guides available in every [Expert Class](#) to find discussion topics and activities you can use in your sessions. To find Discussion Guides related to your selected Lesson, click on the "More on this topic" tab under the video player, then click on the title of the class under "Featured in this Expert Class:".

## Mastering the Unnatural Act of Leadership

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Leadership is an unnatural act, one that can engender feelings of self-doubt, insecurity, or indecision. In this expert class, executive coach Alisa Cohn offers a series of principles and practices to help you become a more natural leader for your team.

**Learning Objectives**

- Practice radical self-examination.
- Structure feedback for yourself and others.
- Create psychological safety for your team.
- Set clear business goals and delegate effectively.
- Improve how you and your team present yourselves in virtual meetings.

**Resources**

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

CONTINUE EXPERT CLASS  
 Mastering the Unnatural Act of Leadership (Cinematic Lesson)

**Lessons**

98%

LESSON

Mastering the Unnatural Act of Leadership (Cinematic Lesson)

Alisa Cohn  
Executive Coach, and Author, *From Start-Up to Growth...*  
4m

99%

LESSON

Mastering the Unnatural Act of Leaders... Leadership Starts with You

Alisa Cohn  
Executive Coach, and Author, *From Start-Up to Growth...*  
6m

100%

LESSON

Mastering the Unnatural Act of Leaders... Understand How Others See You with 360 Feedback

Alisa Cohn  
Executive Coach, and Author, *From Start-Up to Growth...*  
5m

100%

LESSON

Mastering the Unnatural Act of Leaders... Create Psychological Safety for Your Team

Alisa Cohn  
Executive Coach, and Author, *From Start-Up to Growth...*  
6m

Discussion Guides

This approach helps shift live time toward *reflection and application* rather than explanation.

### 3. Extend Learning Beyond the Session

After a workshop, curated Big Think+ playlists and reflection prompts can help sustain momentum and can create a bridge between classroom sessions. Participants might consider:

- What insight will I experiment with this week?
- What conversation do I need to initiate?
- What habit needs adjustment?

This could look like a weekly video Lesson shared via email or a discussion board, an ongoing content calendar, or a 7-day challenge where they try the COIN feedback method introduced in Alisa Cohn’s video Lesson and report back on their results at a future session or in a discussion space.

Prompt your learners to:

1. Consider the Prepare and Practice questions
2. Share one takeaway in the Conversation tab

Remember, Prepare and Practice questions are available in the Learner Guide for each Big Think+ Lesson so you don’t have to create anything new.

The screenshot displays the Big Think+ interface for a video lesson. On the left, a sidebar shows a 'CURATION' list with 'Feedback Without Fallout: Striking the right balance' (12 minutes, 50% complete) and a 'Practice and Reflect' section with a 'COIN Model Feedback Worksheet' (5 minutes) and a 'VIDEO LESSON' 'How to Give Constructive Feedback' (7 minutes). The main content area features a video player for 'How to Give Constructive Feedback' by Alisa Cohn, titled 'Mastering the Unnatural Act of Leadership'. The video player includes a play button, progress bar, and controls. To the right of the video player is a 'Learner Guide' sidebar with a 'Did this help you Think Bigger?' poll (99% thumbs up) and a 'Learner Guide' section with 'Prepare' and 'Practice' tabs. The 'Prepare' tab is active, showing the question: 'What do you think makes feedback “constructive”? How do you try to ensure your suggestions are well-received?' Below the question is a text input field. At the bottom of the interface, a dark grey bar contains the text 'Learner Guide'.

Used intentionally, Big Think+ can enhance the facilitator’s presence, adding depth, credibility, and shared perspective to the learning experience.

