

AN ONLINE COURSE

INSIGHT:
The Principles of a Fulfilling &
High-Performance Life

Frequently
Asked Questions



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What is an online course?

An online course is a learning experience that takes place online during the 8-week period that the course is offered. Participants log into the course from anywhere, from any device, and learn at their own pace. Aside from the 2 optional webinars, all of the course material is available online and can be accessed 24 hours a day so you can watch the lessons anytime that is convenient for you. The course is designed in a digestible grab-and-go format. You can watch streaming from your computer or download it to view offline.

Who is this course appropriate for?

This course is for people who are looking to get more out of the life they have. **INSIGHT** is for you if ...

- You have a desire to learn and grow without having to 'do more,' 'push,' 'try harder' or 'strive' anymore.
- You're looking for learning that sticks with you. When something has an effect on a deep enough level, it sticks – plain and simple.
- It's time to step back and see what really matters and look at your life in the bigger picture.
- You want to clearly understand where things like fulfillment and resilience comes from.
- You're ready for a life changing experience.

These simple principles have the power to profoundly impact the way life plays out for you, your relationships, and what's possible for your future.

What's included in the course? Can you describe the lessons?

Weekly lessons are accessed through a private members-only website. Each week you'll have access to:

- **Narrative guide to the week's lesson** (2-3 minutes)
 - **Lecture** – video lecture on the lesson for the week (20 minutes)
 - **Animation** - an animated story that makes the point of the lesson in a practical way (5-7 minutes)
 - **Metaphor** - A video segment with graphic illustrations and visual imagery (10-12 minutes)
 - **Discussion** – Each week the most common questions from that lesson are discussed with a variety of guest speakers. The speakers are some of the most well-respected professionals in our field. Scroll down on the INSIGHT page to see a list of the presenters (15-20 minutes)
 - **Reflective Questions** delivered to your email inbox weekly
 - **Two Q and A sessions (recorded webinars)** at Week 4 and Week 7 (60 minutes each)
- Private Facebook Forum**
- **Resource Materials**

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- **Transcripts, and downloadable video and audio** will be available for all lessons

Who teaches the course?

The course was created, designed and implemented by Kara Stamback, Erika Bugbee and George Pransky. The lectures are presented by George Pransky, Ph.D., the founder of Pransky and Associates and the pioneer of the Principles in the field of Psychology. Kara and Erika, partners at Pransky and Associates, host the course, serve as narrative guides, present the animated stories, and facilitate the discussions with the guest speakers for each lesson. Click [here](#) to view a list of the guest speakers in the course.

How much does the course cost?

The cost of the scheduled sessions of INSIGHT (no coaching) is \$595.

What technology is required to take this course?

You need only a computer or tablet and an internet connection. All of the content is downloadable so if you have slow or unreliable internet connections you have the option of viewing the materials offline.

When do I get access to the training?

As soon as your registration is processed (24-48 hours, usually less) you will get immediate access to the course and you can watch it at your own pace (although we still recommend you watch one lesson a week).

Can I learn at my own pace?

As soon as you get access to the platform all of the course is accessible 24/7 for you to view when it is convenient for you. Please keep in mind that the course is designed to take you through the process of learning in a very deliberate way. You will get the most out of the course if you give yourself time between lessons to reflect on and absorb what was presented in the lesson before moving on. Leave at least a few days to a week between lessons (and ideally no more than 2 weeks between lessons). You may be so excited and motivated to go through faster than that. This course belongs to you and you may take it any way that you want, you know your own learning style. We suggest that you at least try the one lesson a week schedule to see if it works for you and if you decide to binge watch it, we recommend that you revisit the course at a slower pace soon after you finish the first pass.

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Do I have to participate at certain times?

The course is accessible 24/7. Nothing is scheduled. We do, however, recommend that you find a time in your schedule once a week when you know that you will be able to close your door and devote an hour to watching the course. The benefit of the course only comes when you've completed it so setting a schedule and keeping it will ensure that you get the maximum benefit from the time and money you invest.

How long is the material available to me after I complete the course?

Once you have completed the course your password will allow you access for as long as the course exists online. You are also welcome to download all of the components of the course in video, audio or transcript format and view it offline whenever you'd like.

What if I have questions during the course?

We put a tremendous amount of planning into anticipating your questions and incorporating answers into the course but questions may still arise as you participate in the online course. There are several resources to field your questions:

- Private Facebook Forum
- Two Q and A sessions (recorded webinars). At the time these webinars were recorded they were populated by real questions from participants that were at these very points in the course (lessons 4 and 7). When you listen to them you may hear your own questions represented. These are a rich source of content that is different from the rest of the course content. We used the questions to connect the dots and show the application to real life situations.
- A limited number of coaching packages are available.
- Email, although we cannot answer all questions that come in, we will try to incorporate them into the Facebook forum.

What's the purpose and what are the benefits of the coaching packages?

Coaching packages give you an opportunity to discuss your learning with an experienced practitioner. It allows you to ask questions or see an application to a particular issue or problem you're facing. It is like having a personal guide throughout the course and your life during the course. You can purchase a coaching package anytime as long as you are actively doing the course during your coaching sessions. Click [here](#) for more information about coaching.

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The course description says that this course is not based on self-analysis, processing or positive thinking or behavioral techniques. If the change that the course suggests doesn't come from those processes, how does it happen?

This course is devoted to teaching people about where our experience of life comes from – what we go through, how life affects us, all the feelings and emotions we have. The course is empowered by the process of people disengaging from their normal way of thinking about things, clearing their heads, and listening. Through this process, people engage with the material very differently, because when people's minds are open they are able to learn and absorb. What we're teaching is within people's nature the way that learning a language is within their nature. The profound and essential nature of the subject matter, combined with the impact of listening with an open mind results in moments of insight within the viewer. It's those moments of insight that change people and the way their lives play out.

Is this course only for people who have problems, or will I get something even if my life is pretty good?

Everyone, even the happiest and highest functioning people get caught in habits within their thinking that's problematic for them in some area of their life. As people get a better understanding of how their mind works, they spend less time caught in their habits, leaving their minds free more of the time. As a result, they feel more connected to the people in their lives, do better at work, and overall have nicer, richer lives.

What if I'm very troubled or I have been diagnosed with a mental illness, can this course help me?

The understanding that is presented in this course has the potential to help anyone. The limiting factor is the person's ability to listen and take in the material. We've found that the more troubled someone is, the harder it is to listen beyond the emotional tension. Because of this limitation the online course may not have the same impact on a troubled person. However, this course will give them enough clarity to know whether this understanding is worth pursuing as a potential resource. This could be the first step in getting more help. In addition, repetition could benefit a person greatly as listening changes each time a person interfaces with the material. For any student, but particularly a troubled one, listening and viewing the components of the course more than once can create significantly higher impact.

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This course is about the Principles, does it matter if I've never heard of them? What if I've already learned about them, will I learn something more or is it just for beginners?

We designed this online course with both new and seasoned students in mind. The course is based on simple principles that explain how our mind and our thinking works. These are broken down and explained very clearly in the course, and so no prior knowledge is necessary. If you have heard of, learned or studied these principles before, the unique expression and the depth of the presentations will serve to further your learning in a structured learning environment.

What if I've never been a good student or am a distractible person, does that matter in this course?

The components of this course are short, bite-sized and digestible to accommodate short attention spans and distractible students. We created the content in a way that is engaging and easy to relate to. We've also made it easy to view any component as often as you like and all of the components are transcribed into PDF format.

Is doing this online course the same as coming to a program at your facility in La Conner?

It is a very different format than our [4-day intensive in La Conner](#). That program is a one-on-one intensive program where the learning is customized for each client. That program has the benefit stepping out of your life and immersing yourself in the learning. However, the online course has its own unique benefit of "time releasing" the learning and there is something about taking responsibility for your own learning that can increase the impact of the online course format. The online course can be a way to "try it out" and get a feel for the work that we do, although the online course also has the potential to have the same impact of our other programs. To up the impact of the course we recommend that you view the lessons more than once. A coaching package can leverage the learning as well.

What if I want my spouse or child to take the course with me? Is there a discount?

We encourage you to learn together with the people in your family. The more people in a family that learn what this course teaches, the nicer the family dynamic and the more you can support each other. We offer an add-on price of \$100 for a family member to register. The additional family member must be **living in the same house** and must register for the same session of **INSIGHT**.

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I'd like to purchase this course for all of the members of my family, the sales department in my company, or for the management team I'm coaching, Can I get a discount if I order it for a group?

We welcome the opportunity to help larger groups and do offer group discounts for groups of 6 or more. Groups include schools, organizations/companies, and families. Click [here](#) to contact us directly and we can discuss discounts based on your group size.

What happens at the end of the 8-week course? What if I forget what I learned or how to apply it afterwards?

This course is designed to have a significant impact on the quality of your life and to have a lasting effect, to stick with you. However, like anything else, the more you keep the learning alive and look for the relevance in your life, the more continuing benefit you will see. This is one of the reasons that we made all of the components downloadable and why we give you access after the end date of the course. We recommend that you revisit the material after the 8 weeks is done. You will find that it has a very refreshing effect and that you hear things that you didn't hear the first time around. Revisit the lessons you liked most or the ones you don't remember. Participating in the Facebook forum is also an excellent way to refresh what you've learned and keep your learning alive. You also may find that you would like to take the next step in your learning and consider signing up for [a coaching package](#) or our [4-day intensive](#).

Is there anything else I should know?

In asking yourself whether this is the right program for you there's one more thing we'd like you to consider: Like life, but possibly more so with this course, the more you put in the more you will get out. The course will walk you through the process but if you sign up for the course, be ready to show up. We make it easy: the material is very compelling and we don't ask you to work hard, but if you take this opportunity seriously and show up to each lesson willing to engage with the material with a fresh set of eyes, you can benefit from it as much as we have. It probably won't fix everything (although you never know) but it will point you in a new direction and offers true insight into the nature of all that we want.

We hope this FAQ has been helpful. If you still have a question, please email us at mail@pranskyandassociates.com