
Frequently Asked Questions

How is the class set up?

The class is set up as a blended learning experience over 8 weeks. Each week you will have about an hour of self-paced learning (including videos and assignments) and 75 minutes of a live class via Zoom. Since we ask you to annotate and participate in other ways during our live sessions, we prefer you to access them directly within the Zoom app. (Links are provided in the weekly email as well as in Week 1's section called "How The Course Works.")

However if you don't have Zoom or have trouble accessing via Zoom, you can access the live session each week directly from where you login to the course. In the Table of Contents to the left of your screen, note that one of the items near the bottom of each week will be the Live Class. If you choose to access it within the course, at the predetermined time of your class, click there and you will be taken directly into the Zoom meeting.

Can I skip parts of the self-paced content?

Please do not skip anything, ... I can't emphasize this enough; even if you think you already know and/or understand the material. I've been teaching this a long time and what I find is that often the people that think they "know" this material are the ones that don't know it. And those that realize they have a lot to learn with it and are a little overwhelmed by it are usually the ones that have more concrete examples of understanding and implementing the processes. All that to say, please do not assume you know this or get it already and protect your investment by going through everything.

What if I have to miss a live class?

Much of the learning and integration occurs during our live sessions. Additionally, the point of NVC is to learn how to create connection and steady presence is key to that. So, for the sake of your learning and the learning of the entire group, we ask that you attend all the live sessions and only miss because of extenuating circumstances.

Also, please plan to keep your video and audio on during the Zoom meeting so that we can cultivate greater connection amongst everyone and have more natural ease in the conversation. Of course, we do understand that, very occasionally, individuals may need to mute or turn off video because of things that come up – but we ask this be the exception and not the norm.

Are there tests and/or assessments?

Please do your best to be resourced when you watch the videos, so you can be as present as possible. To help you with that, we've built in assessments along the way. As you watch the videos, there will be quick questions or assessments that pop up and that you will need to answer. This is helpful for you to check your understanding, but it is also set up this way to encourage you to stay present with the materials. Don't worry so much if you get the questions wrong, but, if you do – it's a sign that you may want to revisit the content to check your understanding.

What about the assignments? Will they be graded?

Starting in Week 2, you will have Recap and Action Assignments to complete as well as a very short reading to discuss in the learning management system (LMS) discussion area. The "discuss" area is found to the top left of your screen under where it says Intro Course. If you still don't see it, don't sweat. When you get to that assignment, there will be visuals built into make it more obvious where to find it.

Just a few of the assignments will be graded, however each week in the Recap and Action Assignments, you will have things to submit. To successfully complete the Intro training it is required that you submit your Action Assignments weekly. Submission is built in and very easy to do, just write your answer in the box and click “submit.” This will all make sense once you go to that area on the learning management system (LMS).

Are all the videos and assignments available as soon as the course opens?

Course materials will become available to you on a week-by-week basis and once you have watched all the videos, answered all the pop-up questions, and completed your weekly assignments.

Are there materials available with the course?

The course is loaded with weekly handouts. As you look at the Table of Contents to your left – you will see them on the list. I don’t think the LMS is set up to easily understand how to access attached documents -so when you click on Week 1 Handouts, you will find instructions on how to access them.

What to do if you run into technical difficulties?

For those of you that are a bit concerned about moving within the system and the technology, please know that we have great tech help on hand. So, if you run into an issue, please just email us at – support@thebigbiemethod.com and we will get you the help you need asap. We are very much invested in your experience.