

Better Leader, Richer Life
Session 1: April 20-June 29, 2014
Outcomes | July 3, 2014

Analytics

Enrolled:	56,720
Different Countries:	193
Signature Track:	537
Visited the Course:	40,284
Watched a Lecture:	30,998
Submitted an Exercise:	5,818
Browsed the Forums:	9,943
Lectures Viewed:	400,271
Exercises Submitted:	21,416
Forum Posts Made:	8,007

Student Feedback

The rest of this document has samples of student comments about the course on the Coursera discussion forum, via emails sent to the instructor, on Twitter, and on the course's Facebook group. Very minor editing has been done for readability.

On Coursera Discussion Forum

Nohemi G.

This is the first time I found a course about true leadership, where you really learn how to become a leader first for yourself and how to construct positive relationships with others.

Darienne H.

I wouldn't want the course content changing! It really is life changing :)

A. B.

This course has been amazing and I can actually use his book and the materials and experiences from the course for my students in counseling sessions about their own visions and life satisfaction. This has been by FAR the best organized and supported course I have completed so far on Coursera. The team really planned this course well, gave fast and constructive feedback and I felt as if Prof. Friedman really cares about this MOOC (which is probably a lot more work for him on top of his regular teaching and research assignments!) I hope to see more courses from the Wharton School after this great experience!!

Harleen K.

I can't emphasize enough how this course has helped transform the way I used to view my life previously – it truly has been a life-changing experience! My biggest learning is the fact that the power to change our life rests with us, it's about openly communicating and aligning with our key stakeholders ('we' and not 'me') across all domains and taking them along as we strive to realize our leadership vision! I'm particularly amazed by the process in which the 'Total Leadership' concept has been brought to life and made practical to implement! All the elements of the course - the structure, the content, real-life sharing by other students, the tools, the exercises and the peer feedback - flowed seamlessly, building on one another and leading us into the next logical step of the process. It was a beautiful process of self-discovery and empowerment! Empowerment to be the Leader of our own life, to bring about sustainable change in all domains of our life leading to a more fulfilling and richer life! Enthused by the power of the course, I have started talking about the Total Leadership philosophy with my key stakeholders and have so far inspired one of them to take this course. Please accept my heartfelt thanks for having put together such a brilliant course and for providing an opportunity to innumerable people across the globe to derive benefit from this unique course. You have been my Evangelist of Change! Thank you.

Nancy

I hope in the future, you will be able to repeat this MOOC for the benefit of other students. It was the best Mooc, very organised and fabulous support! It has changed me and am excited of the future.

Angelica A.

This really is a Coursera course that I would most certainly recommend to other people. I have taken several Coursera courses (some fully and some just watching the videos). I have enjoyed them, I have always learned something useful, and I am really thankful for them. But with this course I have found some great ideas and tools. The shift in focus through the well design exercises has been an excellent learning experience and a shift in life paradigm.

Bridget R.

Gratitude to Dr. Friedman and the supporting staff in presenting this great course. My life has been enriched by this experience, and I thank my peers for their reviews and support during the past 10 weeks. May the world be a better place because of the wisdom shared here.

Caroline

Thank you for putting me back in touch with what makes greatness, the small wins that add up over time. Your methodology is simple, it is not always easy, but it is worthwhile.

Wesley T.

Thank you for amazing materials. This is my fifth Wharton's class in Coursera. I highly recommend this business school for everyone. Professors and staff are great. Instructions are phenomenal. Thank you for Dr. Friedman for giving such a quality class and staff whom worked hard to make this possible for us.

Anand P.

Prof. Stew, A big thank you that you served something that has truly evolved me as a person. The 20-40 minute lectures had great pointers to know what is to be achieved for the week and for the journey. I enjoyed writing my responses as it was like becoming more self-aware, and somewhere it was about purifying my mind -- clarifying what is important. I have included you in my list of Top 10 influencers to perpetually remind me that you made a mark on so many people's lives. I found your concepts of "boundaries", "psychological interference", "coaching for peer feedback - the care" and "being ethically savvy as organisations are not rational institutions" among other key ideas. I will miss your "We are done!" that I enjoyed every week. To a new beginning, and hoping our roads meet.

Sandeep N.

A truly amazing course!!

Katrina A.

I am so glad I did this course, it was very beneficial to me.

Romer B.

This has been very transformative. I can see life as a system and through our leadership we make all the gears work together to achieve a common purpose.

Vanaja S.

I have started sharing information about this course to people whom I interact with hoping that somewhere someone will benefit. There is so much goodness in this course, I have been touched to see so many good people showing care and sensitivity to others through peer feedback and discussion forums that I find it soul cleansing. Dr. Stew has been taking so much efforts to participate in so many discussion forums as well as conduct office hours to help us in our lives. I have found great learning from each of the discussion forums and have got different perspectives. Peer feedback is a wonderful opportunity for us to help others.

Melody W.

I absolutely enjoyed this course. I have some wonderful new tools for my leadership toolbox and I plan to continue my experiments. Thank you Professor Friedman for your compassionate lectures. And the way the last one ended, "Let's Begin", was a real class act. This was a great course. Very inspiring!

Lisa H.

The main lesson I learned is that I am never alone on my path in helping to change the world. No matter how big my idea is, there are many ways to pursue my vision and goals through tapping into the endless wisdom and support from the many people in my life. As long as I remember that there are stakeholders in everything I do, I am able to move forward in ways that resonate with my interest in creating positive change. Finally, thank you Stew, for providing such an insightful course! I am grateful for having the opportunity to look within from a different perspective. I also found the peer feedback very supportive and helpful, and hope to find others here who would like to stay connected.

Julie G.

Our mutual feedback has been so very beneficial. This type of accountability shows a level of commitment to ourselves and our wider community. Stew, I thank you for your vision!

Riberolles

It is really rewarding to do the proposed exercises and the educational videos are really helpful to give guidance and encouragement.

Silvia G.

I want to take this opportunity to thank Dr. Stew Friedman and his team for such a great course and although I started a bit late and missed the beginning I took the time to keep on the course because has given me ways to think through and reflect on how and why I do the things I do. Thank you for helping me bettering myself and my other domains.

Mariana E.

I really want to thank you for such a good course. You are doing good things for the world!!

Liu J.

I'd like to extend my thanks to Dr. Friedman and his crews. The stakeholder dialogue is the toughest and most helpful part.

Gloria C.

I loved following your course, especially your videos where you share empathy and comprehension. Thank you for speaking about harmony and connected this with the leadership because I deeply believe that living in harmony with ourselves and the world open up new ways of thinking and free our energy. You are a great leader.

Amira D.

I'm taking many good ideas from this course, and my Big Idea is to talk as much as possible to people around me to see on one hand what are their expectations and how can I help them, and on the other hand, to consult them about my projects.

Jie X.

This is such a great course and I really loved it. The assignments forced me to rethink what is being real, being whole, and being creative for me, and how to engage others on this journey. I used the word "forced" but I am grateful to have some pressure on myself, so that I can really look into myself, and set up dialogues with my stakeholders. I learned a lot through this process. The final exam is a very good revision on the important things during this course.

Gagan K.

I am sure whosoever has attended this course must have felt an impact on the dynamics of life and a "change for good" feeling. The best part is that I actively participated in this amazing course. Throughout the journey be it introspection, writing assignments, giving peer feedback, dialogues etc. it was so helpful yet fun. The learning from the course will always be close to my heart and I would continue practicing, experimenting, and sharing whatever I learnt in this course. I would always keep evolving while fighting the battle to balance out my life across all domains.

Rita K.

I did not attend the office hours but watched them later. They were just great. I had similar questions as others did & Prof Stew answered them so beautifully. Things were simplified & they looked possible. I have taken up courses related to my field of Medicine which I am familiar but this one was challenging. I put in sincere efforts & have gained new insights. Office hours were a really helpful guide. Thank you Sir for dedicating so much time & effort for making this world a better place. I am happy that I took up this wonderful course. I was confused initially to sign up for this course as it was for 10 weeks. But this aspect is something I was looking for. It required a lot of thinking, reflection, & commitment towards every task & for submitting the assignments & giving peer feedback. But I enjoyed every bit of it & learned from it. I thank everyone for giving me their valuable insights. I enjoyed the office hours & video lectures. Prof Stew made things simple & possible. It was very helpful to watch the videos of

students in the beginning, it was very motivating. I sincerely thank Prof Stew for giving me this opportunity to make this world a better place. Sir I will definitely put into practice whatever I learnt in this course & remain in the learning zone. I want to be a force for change & induce reciprocity.

Rone H.

This has been such an amazing journey for me. Thank you Prof. Friedman and everyone else who worked so hard on this MOOC, it really has made a profound impact on my life. I learned so much about myself and about the value of sharing ideas - definitely something I will take with me in my future endeavors as I work in my community, as I teach at my University, as I relate to family and friends and as I work at becoming a better, more whole, creative, caring and innovative me!

Michele M.

Great course professor Friedman. I really see the benefit in my life of this course, I feel more relaxed and have clarified many things with my colleagues. It take time to practice leadership, but it is a very rewarding experience.

Noor R.

Thank you Prof Friedman and your awesome team for giving us the opportunity to experience this amazing journey of becoming better leaders and enjoying richer lives. I am so glad to have completed this course and satisfying all course requirements, despite a tight schedule of balancing various domains of my life. I have learnt practical lessons and meaningful insights about becoming a more effective leader and achieving harmonious balance in the four domains of my life. I have learnt the value of sharing ideas with others and contributing to their growth in small ways I could via the coaching questions and feedback to my fellow peers' assignments. Thank you also to my fellow peers who have spent time and effort to provide insightful comments and suggestions on my assignments.

Venkata R.

Thanks to wonderful class really made to come out comfort zone explore possibilities and do wonderful experiments to help and support "My way and also through your way" which help me learn from experiment new relationships. Bringing everyone together and thinking of growth and risk to move forward and take people along with you and instill inspiration. In these last 2 months I was able to meet most my childhood friends and felt very happy and also with immediate family and also at work. Kudos this training. Real salute to you prof Stew Friedman.

Heena S.

Dr Stew Friedman coaching has transformed my way of thinking and encouraged me to clarify my professional and personal goals through self-awareness and personal accountability. As the course ends. I would like to express my gratitude to DR. Stew and supporting staff. With Dr. Stew experimental approach, I was able to quickly implement useful changes into my relationships at work and at home. The course helped me gain a better understanding of self,

introduced an array of helpful techniques to engage and mentor my colleagues and greatly enhanced my communication skills. Importantly, I notice that I'm much less anxious in difficult discussions; the course helped me develop a calm, purposeful presence in tense, uncomfortable situations. Thanks for the 'alarm clock'.

Divine A.

A very big thanks to Stew and his team as well as Coursera for making this life changing course possible. For me my big idea is to view my life as a system: the way it works depends to a large extent on me. I have to make a conscious effort to make my system work. I have to take bold and innovative initiatives. I have to carefully select my stakeholders, know their expectations and align them with mine. I need to continuously work on cultivating and improving my relationship with my stakeholders. I have to be aware of my emotions, know myself, improve on my weaknesses, and use my strengths to the benefit of my stakeholders. Overall, I have to enjoy the journey of life by spending my time and energy on those things and people that matters most to me.

Anna M.

My big idea is that I do not really need to sacrifice one part of life to another. For example thought I can't become a manager if I want to have a family. But now will not stop myself here more and allow gain happiness in all domains. Thanks!

Arun S.

It has been a great satisfying journey, when the perspectives of viewing and experimenting life changes. We in our life's ongoing struggles and pursuits of meeting ends mostly forget where we are going and suddenly when the end nears, we realize as to what all we have missed on the way, only to regret. My BIG idea is to articulating/striving to make each moment richer for self and for our stakeholders in our 4-way wins across our domains and to contribute in proactive small wins to make this world a better place. I would thank Prof Stew and his team for this wonderful and enriching course and my peers for the encouragement and motivation while assessing my assignments.

Adao T.

I also want to take the opportunity to thank you for the passion you delivered through video lectures as well your office hour in google +, forums, etc. Let me say i already took a couple of moocs that gave me new knowledge but through TL course i am able to learn and to put in practice more than in another course i took. All the lessons you gave were important to my experience, especially stakeholder dialogues and helping to develop others, also clarifying the vision for my legacy is helping me in the decisions i am taking in my life. You are a beautiful person, and you are inspiring us!

Diane S.

With guidance, patience (which we have been given in this class due to the course structure - this is a gift!) and persistence, communication and with the genuineness and love within each of us, we can achieve the difference we are looking for.

Navneeth K.

I want to extend my sincere thanks to Professor Stew and the teaching staff for a wonderful course. I took all the exercises seriously, and as a 54 year old, enjoyed the course thoroughly. I was cautious when I took this course on, since I already had 3 other courses (2 from Coursera and one from edX), and since I travel a lot for business, and take on a lot of work at home as well, I was worried. On the contrary, I ended up doing better everywhere since the course helped me take on the perspective of 4-way wins as opposed to looking at trade-offs as no other way can. Thanks Professor Stew!!!

Hassan G.

In this course I learned how to spend my time and energy. I used to work very hard in just one field and that was my job then go back home watching tv or spending time on social network. Now I found it's very important to hang out not only to friends but to all new people and matters which has been there but I couldn't realize them. I learned for being a whole, I should listen carefully to people who is important to me. It is very important to be flexible for achieving the goals in life. I learned how to increase leadership capacity by challenging experiences. It is very important to choose the goals that is achievable, not those imaginary ones that could waste my time and take my energy, so I have to define it and find how it's compatible. Leaders and successful people know it's about making a balance in working place, home, society and self. It's about how to make a meaningful life by making all necessary steps to make the balance in career, family, friends and physical, mental, emotional and healthy life. I learned that my life is a system so it's about being whole, act with integrity by respecting the whole person, those who are the key stakeholders in my life. for gaining support and building trust, I need to talk with them, to share what I'm thinking about, what's my expectation of them and in return, what's their expectation of me as a whole and system. we are all depend on each other. At the end of this course I would like to thank Dr. Stewart D. Friedman and all those people in that community who let us study and learn this very useful course.

David D.

The big idea I bring from this course is so simple and yet not so obvious to me previously. It's not about me! As a result of participating in Better Leader, Richer Life, I've changed my leadership style in order to engage others in my ventures. Previously, my leadership style, as it were, was a top-down, "trust me and my experience and faithfully follow me" tract which isn't an ideal way of motivating others to emotionally invest in a venture. I now know how to more successfully implement the "buy-in" factor among my various domain stakeholders, which will serve as the testament that this course indeed made me a better leader. Thank you, Dr. Friedman, for a fantastic course and a terrific experience.

Caroline D.

Thank you, Dr. Friedman and team, for this truly amazing adventure! It stretched and grew me A LOT! The principles I've learned through this class have been transformative, and, as others have mentioned, much of it is due to the sense that we all have that you genuinely care about this class and the members in it! That is the ultimate sign of a good leader – the sense that the leader cares. This has been by far the best organized and supported course I've completed on Coursera. This course has pushed me further towards my dream of starting a new social enterprise venture with my husband. We are moving forward on this, and I believe the understanding and skills I've gained through this course will allow me (us) to do a much better job as we take on this new challenge. With deep appreciation and anticipation, Caroline

Emails Sent to Instructor

I am currently taking your Coursera course "Better Leader, Richer Life". I would like to thank you for making this available to everyone and to tell you how much I appreciate your time. If you could provide me with the name of a charity that you support, I would like to make a donation in your name. This would be my way of paying forward for your time and not charging for it. Being more charitable when I feel moved is a secondary part of my experiment.

Thank you again, **Peter S.**

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Well, what can I say! It's been a journey and a half. This course has changed the way I live and interact with those around me on so many levels. I'm not sure if you recall that photograph I previously sent you of my cluttered dining table. You'll hopefully be pleased to hear that it is now free from all that ironing and paperwork! No small task, I can assure you. My husband and I have hosted many social gatherings lately and regularly sit around it as a family dining, chatting and making memories. Thanks for the boost!

I hope I will be able to contribute in the next offering of the course as a Community TA.

Best wishes,

**Angela** (mother of 4, designer/maker, teacher and leader!)

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I signed up for your Better Leader, Richer Life Coursera class and want to introduce myself. Your videos were inspiring. I am grateful that you are sharing this course to students interested in developing their leadership skills.

Best, **Valerie O.**

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Thank you again Stew! It was a great pleasure to be a part of your course and getting to know you better. Thank you for being a great mentor and I hope to keep on with our stakeholder dialogues in the future. In fact, I cannot wait to speak with you again. You give me so many ideas!!!

Looking forward to speaking with you again!

**Assya R.**

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Stew, As the course draws to a close, I just wanted to tell you how much I have enjoyed it. I found it fascinating, both personally, and from a sociological perspective. Personally, the weekly assignments and feedback forced me to do some necessary self reflection. I feel that I am heading in a better direction as a developing leader, and I am pursuing an experiment

focused on greater attention to myself and my family. I find myself thinking frequently about being real, being whole and being innovative, and it has really changed how I think about the world and my place in it.

On a more global note, I was truly amazed at the wide variety of students from so many countries and backgrounds who participated in this course, the fact that so many people gave feedback in good faith and genuinely wanted to help each other, and the fact that such a huge, seemingly unwieldy community of scholars actually could function as a cohesive group. Your course team was quite impressive as well. I am sure that you and your team spent a great deal of time preparing to "launch" this course, and the effort was evident every week.

I honestly wish I were financially able to stop working altogether and go back to school (in person - not online) because I enjoy it so much more, but seriously, if you have any plans to offer other on-line courses, I would be most interested to know, as I have enjoyed this one.

Many thanks again.

Lauren G.

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I wanted to open myself up to new ideas and challenges. So when I talked to my different stakeholders that was what I asked them about. The week I talked to them all was one of the most inspiring weeks of my life.

The best part: it really does benefit all areas of my life.

This course has benefited me in more ways that I could have dreamed.

All the best,

**Susanne E.**

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On Twitter

Abhishek @abhishek4q

@StewFriedman Hope next offering of #totalleadership on @coursera will not be a year away - would like to introduce it widely at work!

Vanaja @vanajashankar

#totalleadership14 Awesome video lectures in the last week of the course motivating us in our leadership journey. Thanks Dr.Stew.

Iris @LeanInIris

#TotalLeadership14 has been a great experience. All done and ready to continue improving! Thanks @StewFriedman for the course!

colouryourdream @CoachTabea

Final week of my 10 week Coursera course: Total leadership. Thanks to Dr.Stew Friedman.Very helpful for daily life&future #TotalLeadership14

Anusheel @anusheel

Just completed my first @coursera course on Leadership #TotalLeadership14 Thanks @StewFriedman for the learnings. Enjoyed and empowered!

Eric @rikuniaku97

Week 10 #TotalLeadership14 final exam + peer grading completed. This great course should be a requirement for lots of our failed politicians.



Tim @TimBarcz

Studying for #TotalLeadership14 with new baby in my arms! @StewFriedman
pic.twitter.com/2NNFesDroj

On Course Facebook Group

John S.

Stew Friedman this course really changed the way I was looking at things from management perspective. I really knew how a great manager or leader can't be good without balancing work, home, community, and self. I simply can't stop going through the lectures over and over,

Kaleena N.

I just wanted to say how glad I am that I signed up for this course. We are only halfway through it, but I already can see improvements in the satisfaction of my overall life. This course has helped me realize that I want a deeper connection with family and friends than I already have. I am also really excited to delve into my experiment to remove the clutter out of my life.

Vanaja S.

Moved to tears after watching week 10 lectures. I feel grateful to be part of this community of wonderful leaders led by Dr. Stew and his team.

Vidhya L.

Stew, this is a best group. We wish to see more courses from you... This course has brought change in us slowly steadily without much pain or effort, so when is your next course commencing?

Sandra C.

Dear Stew Friedman and Classmates- Thanks to all for an amazing class. I wanted to share some inspiration with you. Over the past weeks of the course, I have lost 7 pounds and feel better, eating healthy and are taking a new Yoga class with my daughter. I have begun the practice of Meditation and have meditated over 21 days straight, so it will become a habit now! I grew closer to all family members. Included my daughters in my BIG IDEA. I have even joined a club with my husband. That will be a great new experience!

Melanie B.

I am so glad that I found this course. Thank you, Stew Friedman and to all of my peer reviewers. This has been an incredible experience! I have signed up for several course on Coursera, but will always carry the important message from this course. I can't wait to see my last peer review and sit and come up with my big idea. Picking only one will be the hardest part.

Steph T.

What a wonderful MOOC this has been. Thanks to the course team and Stew for the valuable insights and sincere delivery of the program. I missed a couple so assignments but still got to participate through the peer feedback which was so useful and one of the richest parts of the course. The course has reinvigorated old passions and may lead to some new ones. I loved the last lecture!