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AWARD-WINNING UNSTUCK EXPANDS WITH LIFE COURSES™ SYPartners Reimagines Online Learning and Self-Development for Busy People

NEW YORK CITY (August 24, 2016) — [SYPartners](#), creators of the award-winning [Unstuck](#), today announced the release of [Unstuck Life Courses™](#). Unstuck is a collection of digital tools designed to help people live their best lives. Unstuck Life Courses provide a new online learning and self-development platform that helps people go deeper when they're feeling stuck through a combination of short, powerful videos, audios, insightful exercises and downloadable worksheets. Life Courses help people uncover fresh perspective and create an action plan—tailored to each individual—to make their life better.

Unstuck, which has served more than 1 million users since its launch, is based on the belief that people get stuck all the time, in all parts of their lives. “Put simply, changing our habits is hard. We believe that getting stuck is an opportunity to make life better by thinking and acting differently,” explained Nancy Hawley, VP & GM, [Unstuck](#). “With the launch of Life Courses, we now offer a new kind of learning and self-development experience that can harness the power that is in each of us to make a change for the better.”

The first Life Course, widely available this week, is called “[Making a Change](#).” The multidimensional program includes videos, audios, interactive exercises, and downloadable worksheets that help people define change, find clarity, build belief and create a system for action. Each interactive exercise includes thoughtful questions to provoke personal insights for deeper reflection. With an emphasis on encouragement, the goal of this course is to create new habits that can make change easier. The program is built for people constantly on-the-go by offering four short, high-impact sessions that can be done at your own pace, and take approximately 20 minutes to complete.

“People who love Unstuck tend to have full, busy lives. Work. Home. Friends. They want change that’s bite-sized. Change that feels uplifting, not hard. Small new behaviors that make a big difference,” said Keith Yamashita, founder of [SYPartners](#), the team behind Unstuck. “So what we’ve done is taken decades of learning about what inspires people to change, and packaged it up in a highly useful form.”

During beta release user testing, the first [Unstuck Life Course](#) received high praise. “This was a truly valuable experience,” said Jade Horning. “I’ve gained personal insights along with sage advice and

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concrete action plans for making my change happen. I'm emotionally and practically prepared to move forward."

Unstuck Life Courses are \$49.99 for unlimited use and can be purchased at unstuck.com/making-achange. Life Courses can currently be accessed on computers and tablets, and will be optimized for mobile by the end of this year.

About Unstuck

Since 2011, [Unstuck](http://unstuck.com) has been helping over a million people understand what gets them stuck and providing them with new ways to move forward. The free iPad app and web-based program has won two Webby Awards and an Appy award. It has received a 4-star+ aggregate rating in the Apple Store from more than 1,000 users, who have left glowing reviews such as:

- *"Einstein would benefit and endorse this app!"*
- *"Lifesaver! I call it my 'iTherapy.'"*
- *"A fun new way to explore and consider issues small and large. Helped me get at the heart of a particularly sticky issue in just a few minutes. Something about the interface just encourages you to think in new ways."*

The app helps people get unstuck with a patented three-step process:

- It starts with questions about the feelings, thoughts, and actions around your stuck moment.
- Based on responses, the stuck moment is put into context and a path to becoming unstuck is identified.
- It serves up specialized tools, tips, and now Life Courses learning experiences to take action and build new habits and perspectives.

For more information, visit www.unstuck.com or connect with Unstuck on Facebook (www.facebook.com/unstuckcommunity) and Twitter (www.twitter.com/unstuck).

About SYPartners

Unstuck is part of the branded product family at [SYPartners](http://sypartners.com), a transformation company that helps individuals, teams, and organizations become the best version of themselves, so they can create massive positive impact in business and society.

Note to editors:

Visit the Unstuck pressroom at <http://www.unstuck.com/press.html>