



# DREAM ACADEMY FAQ

## EMBRACING YOUR PURPOSE

WITH DR. CHRISTINE B. WHELAN

### WHAT IS DREAM ACADEMY?

Dream Academy is a signature DreamBank program and a skills-based virtual learning experience designed to help you overcome the most common — yet often daunting — obstacles dreamers face.

In this virtual classroom-style program, we're partnering with distinguished experts and professors to lead you and your cohort through a curriculum consisting of video lectures, guided discussions and individual coursework while creating a shared community for you to learn and grow within. Each course will explore common challenges that can get in the way of your dream pursuits and equip you with the tools and skills to overcome them.

### HOW LONG IS THE COURSE?

Each cohort is five weeks long. By signing up, you're committing to a weekly hour-long meeting, as well as individual development coursework.

### HOW MUCH DOES IT COST TO ATTEND?

Like all DreamBank events and resources, there is no monetary cost to attend Dream Academy — the investment is your commitment of time, effort and pursuit of your dream.

### HOW DO I REGISTER?

Registration opens on a rolling basis for each Dream Academy course launch. Attendee limits vary per cohort. Learn more at [amfam.com/dreambank](http://amfam.com/dreambank) and sign up via the course Eventbrite link.

### WHERE CAN I FIND THE VIDEOS AND MATERIALS FOR THIS PROGRAM?

Following your registration, information on Dream Academy course access will be provided via email.

Digital course materials will be available for all registered participants before the cohort begins so you'll be ready to dive in! A plain text version of the workbook is available by request.

### WHAT DO I DO IF I HAVE TECHNICAL ISSUES?

Don't hesitate to reach out with any questions or issues! Our team is here to support via email at [dreambank@amfam.com](mailto:dreambank@amfam.com).

### WHAT PREP WORK DO I NEED TO DO AND WHAT DOES THE COURSEWORK INCLUDE?

No need to prep for our first session! Following the first class, you'll receive weekly coursework which will include videos and workbook materials to complete before our next session. We expect this to take about 30 minutes a week outside of class.

### WHAT ARE THE EXPECTATIONS FOR COURSE SESSIONS?

All sessions will be hosted virtually via Zoom and led by the course instructor and DreamBank team members. We ask that you keep your cameras on and be willing to share your thoughts/experiences as you work through the material. These weekly meetings will last one hour for the five-week course duration.

### WHAT IF I CAN'T ATTEND A COHORT SESSION?

To get the most out of this experience, we ask that attendees commit to all five virtual sessions of the course. We certainly understand life happens and if something does come up, please let us know you won't be able to join. Note, these live weekly sessions are not recorded but each week we'll share a recap email to summarize the content covered.

### WILL I HAVE ACCESS TO THE MATERIAL AFTER THE COURSE WRAPS UP?

Yes, you'll have access to all weekly coursework modules following the Dream Academy's end date. As an added bonus, you'll have an accompanying course workbook to reference as you continue to learn and grow.

### WHAT TIME ZONES WILL THE COHORTS BE STREAMED IN?

The event times listed reflect Central Time.



IF YOU HAVE ADDITIONAL QUESTIONS,  
PLEASE CONTACT US AT  
[dreambank@amfam.com](mailto:dreambank@amfam.com)



American Family Mutual  
Insurance Company S.I., 6000  
American Parkway, Madison, WI  
53783 ©2026 – 1/26

