

Meeting and Planning for Resistance

- A. Going back to your workplace with new knowledge, skills and attitudes can be difficult. Kurt Lewin talks about this and encourages us to be conscious of what it takes for positive change to happen. We also know resistance can and will be felt at different times in different places.



Take a few minutes on your own to **predict** where you will feel and see resistance. **Write** those on Post-it Notes.

We will share your ideas.

- B. Now, with a partner **brainstorm** things you can do to plan and meet this resistance. **Write** these on Post-it Notes.

We will hear your suggestions.

- C. **Write** 2 of these ideas that you want to work on in the near future. **Name** the situation, time and the action you plan on taking.

The event/place:

The time:

What I will do:

The event/place:

The time:

What I will do:



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