## RESISTANCE TO CHANGE doesn't exist



By Richard Lawrence For Mile High Agile, April 3, 2015



#### RESISTANCE TO CHANGE DOESN'T EXIST

As you come in, introduce yourself & discuss with a few people near you:

What's an example of a time when you proposed a change and experienced resistance? What happened? What did you do about it?

## REFRAMING RESISTANCE

#### The Harsh Reality of Resistance:

# I can't make anyone do anything.

(Source: Dale Emery)

#### The Hopeful Reality of Resistance:

# I can sometimes change a point of view.

#### RESISTANCE AS A RESOURCE

(Source: Dale Emery)

#### Resistance is a source of info about:

- the person
- the environment
- your request
- you



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- 2) Disagreement on **the solution**
- 3) But there are **additional negative outcomes**
- 4) There are **obstacles**
- 5) But will others collaborate on this?

## QUESTIONS?

Contact me...

Twitter: @rslawrence

Email: richard.lawrence@agileforall.com

Blog: www.richardlawrence.info