



Resistance management

CHANGE

Each content can be adapted according to your needs.

PEDAGOGICAL OBJECTIVES

- Understand resistance to change, its root causes, and stages of transition
- Learn how to diagnose resistance to change in a project
- Learn techniques and attitudes to mitigate organizational change resistance - whether at the collective or individual level

TOPICS COVERED

Change is associated with doubt, worry, and uncertainty which makes resistance one of the most perplexing and stubborn issues faced when embarking on any organizational change. Get an overview via experiential learning on understanding, identifying, and mitigating resistance to change to drive envisioned project outcome.

1. Fundamentals of resistance to change

Why it occurs
What it looks like
Its costs and risks

2. Prepare to manage resistance

Anticipate resistance in a project
Diagnose individual and collective resistance

3. Mitigate resistance to change

Techniques to prevent and alleviate resistance at:

- individual level
- collective level

4. Define your resistance management plan

Define your action plan at the individual level



Recommended duration

1 day



Prerequisite

Managers facing change resistance

[To learn more](#)