

„Discover the dynamics of resistance“

‘Resistance’ is something every organization faces when executing new projects or developing new strategies. In order to implement change and innovation successfully, one needs to deal with resistance effectively. When resistance is not managed well, communication is blocked, rigidity is increased and ultimately time and money are wasted.

Resistance is sometimes hard to discover since it is connected to well established communication – or interaction patterns. The training „Discover the dynamics of resistance“ uses mainly nonverbal training methods to clarify those patterns and create new perspectives and insight.

During the training the participants are introduced to the phenomena of resistance, will explore different forms of resistance and learn about strategies how to deal with it.

They will

- physically experience the phenomena of resistance and its dynamics
- explore different roles and strategies in resistance;
- define their individual disposition to resistance;
- improve communication-patterns and personal strategies when dealing with resistance.

Content and form of the training varies and will be targeted on the specific needs of your organization / team. (Minimum duration: 3 hours – Maximum duration: 2 days)

The training will be facilitated by Fabian Chyle, MA, ADTR, an inspiring trainer / coach, movement therapist and choreographer (www.fabianchyle.de). As a trainer Fabian is specialized in non-verbal communication, team building and psychodynamic aspects in organisational environments. Additionally, Fabian designed a series of movement based competence trainings (anti-violence, emotional & social competence and stress reduction) for various organisations. Fabian facilitates training and lectures at university level throughout Europe on different aspects of creativity, nonverbal communication and social competence.

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