

Rolling with Resistance in Groups

Each participant's stage of change determines their readiness to receive information. This can impact the group's dynamics. Some participants become resistant which could show up as a silent passive participant or as a verbally aggressive participant.

Suggestions:

- Remember “voice by choice.”
- Reflect the emotion you detect behind the resistance.
- Use the adult learning concepts of RISE (Respect, Immediately meaningful, Safe, Engaging) when interacting with a resistant participant.
- Avoid getting into a debate with a resistant participant.
- Avoid the “righting reflex”. The righting reflex is the desire or impulse to give the right answer or tell people what to do to fix the situation.
- Refer to the “Correcting Misinformation” and “Involving a Quiet Group” resource cards for more information.

Facilitation Strategies



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Your ideas:

