

Chapter 1 : Inertia - Wikipedia

The Holy Equation Exercise The Fundamental Key To Inner Work The Holy Equation is the basic pattern of all Inner Work and is based on the Law of Three - "The higher blends with the lower to actualize the middle, which becomes lower for the next higher or higher for the previous lower."

They all can slow down or decelerate a moving object. Friction Friction is a force of resistance to anything that is moving or sliding along a surface or material. For example, a book sliding along the floor is slowed down due to the force of friction at the area of contact between the object and the floor. Also, your car has brakes which use friction to slow down the vehicle. Air and water resistance An object moving through the air or through water is also slowed down. A small amount of this is due to the force of friction on the surface, but most of the resistance is caused by the work required to move the air or water out of the way. You can decrease air or water resistance by streamlining the object. In this way it pushes through the fluid easier. Airplanes use flaps, as well as reverse their engines to increase the air resistance when want to slow down during a landing. Gravity as a resistive force Gravity can be considered a resistive force, when an object is moving against the pull of gravity. An object thrown up in the air slows down until it reaches its peak, at which time it changes direction and starts to speed up again. For the sake of clarity, we should always refer to work in terms of work against a resistance. Work is measured in foot-pounds or Newton-meters. It is not sure why they put the distance unit first in the English measurement of work, instead of the force unit. Perhaps it just sounds better. Or maybe they want to confuse you. Work against gravity If you want to lift a box from the floor to a table, you must work against the force of gravity. The amount of work you must do is the weight of the object times the height you are lifting it. Weight is measured as pounds or Newtons and height as feet or meters, thus you get foot-pounds or Newton-meters for the work done. Work against friction If you push a heavy box along the floor, you must work against the force of friction. The friction force is equal to the weight of the object times a number called the coefficient of friction. This number is dependent on the materials involved. Other type of work When you are thinking or holding a heavy object, you are also doing work. But it is a different type of work than is defined in most Physics books. This type of work is expending energy, while the official definition is moving an object against a force. Heavy object When you hold a heavy object, your body is expending energy as you apply a force against gravity to hold the object up. Still, in everyday language, you are doing "work" by holding the object off the floor. It is necessary to distinguish between these different uses of the word. Thinking When you are thinking or trying to figure out a problem, you are using mental energy. If it is a struggle, people call it work. It is similar to holding up the heavy object. Definitions Thus, the definitions for work are: Work on a human level is if a person is expending energy trying to do something. Work in Physical Science is the movement of an object against a resistive force. Be sure you specifically define what you mean. In conclusion Work is required to act against resistive forces, such as friction, air resistance, and gravity. Work is force times distance against resistance. The definition of work for humans is simply expending energy trying to do something.

Chapter 2 : DO THE WORK: Overcoming Resistance | Management Psychology Group

The definition of work is the amount of force required to move an object against resistance or resistances for a given distance ($W = F \times d$). For the sake of clarity, we should always refer to work in terms of work against a resistance.

Nicola Nagel Business Special: Teamwork How to deal with denying forces When people work together there is usually quite a potential for conflict, because different worldviews, opinions and experiences collide. What many team leaders and team members are not aware of is that there are mostly 3 prevailing forces in a team: The assertive force 2. The neutral force 3. The denying force In this context force means the purpose, attitude, energy and the spin a person brings into a team. It can actually also be applied to a meeting with friends and family. As soon as several people gather in a room and talk about a shared topic, the 3 mentioned forces will show pretty quickly through different people. What are the characteristics of these 3 forces? The 3 forces and their characteristics 1. The assertive force People representing the assertive force are the doers in the team. They are usually convinced of the topic, the project or the proposal and support it. This means that they actively contribute. They are committed, take responsibility and go forward. If a new topic or a new idea is brought up, the assertive forces are those people being open and welcoming the new and going along with the idea. They develop creative ideas and are ready to start, to explore and to experiment. These are people who are able to convince or drag others along just by their enthusiasm. The assertive forces are very important in a project in order to creatively and effectively move forward. However, the assertive forces can sometimes also dash forward too fast and miss small, but very important details just because of their enthusiasm. Instead they first of all gather information without judging and let everything sink in. They are oftentimes silent observers and take a back seat in the meeting. They first find out how the land lies, before they decide for or against something. Without the neutral force in the room, it may easily happen that the other two forces get into a heated debate. Oftentimes the pure presence of the neutral force in the room is already enough. The denying force is a person, which in projects or meetings is first of all against a specific procedure, idea, agreement or decision. They have a rejecting attitude and either clearly express their concerns or back out by crossing their arms in front of the chest and grumbling inside. Such team members might remark that for example: They are people, who find the hair in the soup or look for and find the needle in the haystack. They express their concerns if not even their outrage about a certain topic. You might have heard or even said the following sentence yourself: The denying force is necessary! Let this sink in for a moment. The denying force is absolutely necessary in a team! The denying force helps a team to not drift away from reality. Oftentimes denying forces bring up valuable criticism, which might lead to an extra discussion or planning round, but at the same time helps creating a more stable basis for the project or developing even more effective ideas. Most of the employees try to get rid of the denying forces, overrule them, hush them or ignore them. Yet, by doing so, the team loses valuable potential and genius. What stays in the end is subliminal resentment. In addition to that the crux is the following: If for example you lead a meeting in which one person is a strong denying force and this person leaves the room for whichever reason the meeting at a certain point, you will notice that the mood changes in the short run. If you cannot spot a denying force in the room, take a look at yourself. The probability is pretty high that you are the denying force. Alternatively it may happen that another denying force from the outside will show up in the form of another person e. It is important to mention at this point that a person does not take on the role of one of the three forces permanently, i. In fact the roles change, sometimes even in light speed. The interesting question is: How do you deal with denying forces? The highest art is to integrate the denying force. So how do you manage to integrate the denying force? Here are some possibilities: To be a YES for a person starts with your inner attitude. What happens in that moment is an immediate degradation of the denying force. That means that you are in resistance yourself and automatically the denying force with regard to the denying force. Another reaction could be that you get frightened and fall into some kind of rigidity, because somebody expressed denial. Be grateful that they show themselves. Thus you stay open for impulses this person might bring in instead of reacting with resistance to this denying force. Be aware that behind the resisting attitude of the denying force there is a feeling, which is often anger, fear or

sadness e. This is a really interesting experiment. Instead of only seeing the concerned ego of the other person which is nothing else but their survival mechanism, you focus on the being qualities of the denying force. Probably the person has a special sense for and the quality of vision, clarity, attentiveness, precision, discipline, or others, which are important and useful for the team. You can complete their communication by using a so called completion loop. This means that you basically repeat back " in your own words, not like a parrot " what you heard the other person say, paying attention that you make it a statement going with your voice down at the end of the sentence and not a question you would question what the person just said. Thus a very open and intimate space can develop in which the team grows more and more together. If for example a person is against a proposal, the next question for this denying force could be: You have 10 years of experience. What would make sense in your opinion? However, there are 2 special kinds of denying forces, which are worth mentioning at this point and which might require a different kind of approach. Ignoring or passing over denying forces, sooner or later comes back to you like a boomerang. It is essential that you simply use part of your attention to perceive this person as part of the team and energetically include them instead of exclude them. Sometimes this is already enough, because denying forces oftentimes digest information for themselves, before giving up their resistance. And they can unconsciously perceive whether you include or exclude them energetically. Such a person uses so called shadow principles, to e. Some manipulating denying forces are generally against everything in the first place in order to get attention, be in the center and let all team members dance after their pipe. Shadow principles are for example resentment, being right, better knowing, destruction, revenge, jealousy, envy, greed, manipulation, abuse of power, ignorance, arrogance, mobbing, etc. How do you deal with that? A meta conversation is a conversation about the conversation. This means that you leave the initial content of the meeting and say what you perceive in the very moment. You can either address the denying force directly or land your perception in the entire space. I am more interested to sail into the same direction with all of you. What do you perceive? You can do this elegantly by again talking from yourself and thus introducing the question: Can you say more about what your purpose is? With this distinction about the 3 forces in a team you have as of know the possibility to include all team members and sail together into a new direction. Just pay consciously attention to the different forces and let yourself be surprised by what becomes possible in the team when you manage to include the denying force. In this sense, have a lot of fun experimenting!

Chapter 3 : Denial: When it helps, when it hurts - Mayo Clinic

Air resistance is a force that affects objects that move through the air. Often physics problems used in teaching ignore it, but it is very important for understanding the motion of fast-moving objects like airplanes. It depends on the density of the air, the area of the object, the velocity it is.

Work Done by Gravity Against Inertia and Air Resistance by Ron Kurtus revised 19 January When an object is falling freely, the force of gravity is doing work against the resistance from inertia and the air resistance or drag on the object. The forces acting on the object are gravity and the opposite or resistive forces of inertia and air resistance. When the object is moving slowly, air resistance is negligible, and the resistance is only due to inertia from the acceleration of the object. At some velocity, air resistance is equal to the force of gravity, and the object no longer accelerates. This is called the terminal velocity of the object. The work done equals the product of the force of gravity and the displacement of the object. It can also be determined by the change in potential energy of the object due to gravity. Questions you may have include: What are the forces on a falling object? What is the work related to displacement? How is work determined from potential energy? This lesson will answer those questions. Units Conversion Forces on a falling object The force of gravity pulls objects toward the Earth. Pounds are typically considered units of force or weight. Thus, the unit of pound-force is used to distinguish it from pound-mass. The resistive force of inertia is: This is the usual assumption in equations for falling objects. In such a case: Terminal velocity However, at some velocity, air resistance can equal the force of gravity, resulting in zero resistance from inertia. For example, when dropping a coin from a tall building, the air resistance will cause the coin to reach a terminal velocity, when it no longer accelerates while falling. In either case, the force of gravity and thus the work done by gravity is the same. Work as force times displacement The general equation for work is: You may often see the word distance used in work. To be scientifically correct, displacement should be used instead. Distance can follow any path, while displacement is a vector and straight path in the line of the force.

Chapter 4 : Work Against a Resistive Force

DO THE WORK: Overcoming Resistance There was an old Star Trek plot about an alien enemy called the BORG. Their mission in the universe was to assimilate all of the other intelligent races.

Any resistance she might have mustered melted at his words. Whatever resistance she had evaporated in the intensity of his desire for her. He lay staring at the ceiling for a time, attempting to push away the torment; it had gripped him so completely that resistance was futile. He also investigated electrical endosmosis and the electrical resistance of electrolytes. The truth of his words made her last meager attempt at resistance melt. The same way he wore down her resistance before. He studied her for a long moment, and she saw his resistance give before he spoke. Thereupon the power of church and state enforced by positive enactments the passive resistance of old institutions to the novel theories. He does not discuss the possibility of successful resistance to the Chaldeans; he simply assumes that the attempt is foolish and wicked, and, like other prophets, he identifies his political programme with the will of God. A ruined castle, near the city, recalls its strategic importance in the 8th century, when Asturias, Galicia and Leon were the headquarters of resistance to the Moors. He was one of the able band of professors who in supported Dbillinger in his resistance to the Vatican decrees, and was excommunicated with Ignaz v. He was using the truth to hammer down her resistance and his power to seduce her. Saxon was at this period the common title of all the north German tribes; there was but little difference between Frisians and Saxons either in race or language, and they were closely united for some four centuries in common resistance to the encroachments of the Frankish power. The surrender of Trim, Dundalk and Ross followed, but at Waterford Cromwell met with a stubborn resistance and the advent of winter obliged him to raise the siege. People ceased to kill one another, and this event was accompanied by its justification in the necessity for a centralization of power, resistance to Europe, and so on. These opposed a national resistance to the Macedonians, the fires of which were fanned by the Brahmins, but still the strong arm of the western people prevailed. The availability of the energy of electrical separation in a charged Leyden jar is also limited only by the resistance of conductors, in virtue of which an amount of heat is necessarily produced, which is greater the less the time occupied in discharging the jar. Deidre found herself leaning into his solid frame without resistance, entranced by the combination of his hot, hard body and cool fire on her swimming senses. If Tamer gives you any resistance, let me know, and I. He teased and nipped, his kiss deep enough to rob her of any resistance yet light enough that she raised onto her tiptoes to taste more of him. In he began, in concert with Sir William Thomson afterwards Lord Kelvin , to work on problems respecting the making and use of cables, and the importance of his researches on the resistance of gutta-percha was at once recognized. Mary was forced to impose taxation which met with violent resistance, especially in from the stiff-necked town of Ghent. The electric lamp a gives illumination of the webs in a dark field, nearly in the manner described for the Cape transit circle micrometer; the intensity of illumination is regulated by a carbon-resistance controlled by the screw b. They are harmless and inoffensive creatures, offering no resistance when caught; their principal means of escape being the extraordinary rapidity with which they burrow in the ground, and the tenacity with which they retain their hold in their subterranean retreats. The unit of work is that which is required to overcome a resistance of a dyne over a centimetre, and is called an Erg. Stakman had determined that immunity to these diseases, or at least resistance, could be bred into crops. His account of the notion of external existence, as derived, not from pure sensation, but from the experience of action on the one hand and resistance on the other, may be compared with the account of Bain and later psychologists. It quickly recovered from these injuries: Thus we recognize that the work done varies as the resistance overcome and the distance through which it is overcome conjointly. Such in mere outline is the celebrated theory of vortices, which for about twenty years after its promulgation reigned supreme in science, and for much longer time opposed a tenacious resistance to rival doctrines. His name is not connected with the resistance to the levy of ship-money or to the action of the ecclesiastical courts, but in he was one of those fined for refusing to take up knighthood. In July another British force of eight thousand men under General Whitelock endeavoured to regain possession of Buenos Aires, but strenuous preparations had been made for

resistance, and after fierce street fighting the invading army, after suffering severe losses, was compelled to capitulate. These votes, however, were cancelled later, on the 26th of July, under the pressure of the royalist city mob which invaded the two Houses; but the two speakers, with eight peers and fifty-seven members of the Commons, themselves joined the army, which now advanced to London, overawing all resistance, escorting the fugitive members in triumph to Westminster on the 6th of August, and obliging the parliament on the 10th to cancel the last votes, with the threat of a regiment of cavalry drawn up by Cromwell in Hyde Park.

Chapter 5 : Oppression - Wikipedia

"Dealing with Denying Force" My momma never told me "Life is like a box of chocolates," but she has told me repeatedly that when you want to make a positive change in your life, it's very common to hit some kind of resistance or "denying force," as if the Universe is saying "Really?"

History and development of the concept[edit] Early understanding of motion[edit] Prior to the Renaissance , the most generally accepted theory of motion in Western philosophy was based on Aristotle who around about 384 BC to 322 BC said that, in the absence of an external motive power, all objects on Earth would come to rest and that moving objects only continue to move so long as there is a power inducing them to do so. Aristotle explained the continued motion of projectiles, which are separated from their projector, by the action of the surrounding medium, which continues to move the projectile in some way. For example, Lucretius following, presumably, Epicurus stated that the "default state" of matter was motion, not stasis. Philoponus proposed that motion was not maintained by the action of a surrounding medium, but by some property imparted to the object when it was set in motion. Although this was not the modern concept of inertia, for there was still the need for a power to keep a body in motion, it proved a fundamental step in that direction. However, this view did not go unchallenged in the Islamic world , where Philoponus did have several supporters who further developed his ideas. Theory of impetus[edit] See also: Conatus In the 14th century, Jean Buridan rejected the notion that a motion-generating property, which he named impetus, dissipated spontaneously. Buridan also believed that impetus could be not only linear, but also circular in nature, causing objects such as celestial bodies to move in a circle. Their work in turn was elaborated by Nicole Oresme who pioneered the practice of demonstrating laws of motion in the form of graphs. Classical inertia[edit] Galileo Galilei The principle of inertia which originated with Aristotle for "motions in a void" states that an object tends to resist a change in motion. According to Newton, an object will stay at rest or stay in motion i. The Aristotelian division of motion into mundane and celestial became increasingly problematic in the face of the conclusions of Nicolaus Copernicus in the 16th century, who argued that the earth and everything on it was in fact never "at rest", but was actually in constant motion around the sun. A body moving on a level surface will continue in the same direction at a constant speed unless disturbed. The first physicist to completely break away from the Aristotelian model of motion was Isaac Beeckman in 1637. Unless acted upon by a net unbalanced force, an object will maintain a constant velocity. Kepler defined inertia only in terms of a resistance to movement, once again based on the presumption that rest was a natural state which did not need explanation. It was not until the later work of Galileo and Newton unified rest and motion in one principle that the term "inertia" could be applied to these concepts as it is today. In fact, Newton originally viewed the phenomenon he described in his First Law of Motion as being caused by "innate forces" inherent in matter, which resisted any acceleration. Given this perspective, and borrowing from Kepler, Newton attributed the term "inertia" to mean "the innate force possessed by an object which resists changes in motion"; thus, Newton defined "inertia" to mean the cause of the phenomenon, rather than the phenomenon itself. As no alternate mechanism has been readily accepted, and it is now generally accepted that there may not be one which we can know, the term "inertia" has come to mean simply the phenomenon itself, rather than any inherent mechanism. However, this resulted in a limitation inherent in special relativity: In an attempt to address this limitation, Einstein proceeded to develop his general theory of relativity "The Foundation of the General Theory of Relativity," , which ultimately provided a unified theory for both inertial and noninertial accelerated reference frames. However, in order to accomplish this, in general relativity, Einstein found it necessary to redefine several fundamental concepts such as gravity in terms of a new concept of "curvature" of space-time , instead of the more traditional system of forces understood by Newton. The result of this is that, according to general relativity, inertia is the gravitational coupling between matter and spacetime. When dealing with very large scales, the traditional Newtonian idea of "inertia" does not actually apply and cannot necessarily be relied upon. Luckily, for sufficiently small regions of spacetime, the special theory can be used and inertia still means the same and works the same as in the classical model. But this new relationship also carried with it new implications for

the concept of inertia. The logical conclusion of special relativity was that if mass exhibits the principle of inertia, then inertia must also apply to energy. This theory, and subsequent experiments confirming some of its conclusions, have also served to radically expand the meaning of inertia to apply more widely and to include inertia of energy. Please help improve this section by adding citations to reliable sources. Unsourced material may be challenged and removed.

Chapter 6 : Dealing with Denying Force

Recognize that resistance to change is minimized if you have created a trusting, employee-oriented, supportive work environment prior to the change. If your employees think that you are honest, and your employees trust you and feel loyal to you, employees are much more likely to get on board with the changes quickly.

Confusion of Mass and Weight A few further comments should be added about the single force that is a source of much confusion to many students of physics - the force of gravity. As mentioned above, the force of gravity acting upon an object is sometimes referred to as the weight of the object. Many students of physics confuse weight with mass. The mass of an object refers to the amount of matter that is contained by the object; the weight of an object is the force of gravity acting upon that object. Mass is related to how much stuff is there and weight is related to the pull of the Earth or any other planet upon that stuff. The mass of an object measured in kg will be the same no matter where in the universe that object is located. Mass is never altered by location, the pull of gravity, speed or even the existence of other forces. For example, a 2-kg object will have a mass of 2 kg whether it is located on Earth, the moon, or Jupiter; its mass will be 2 kg whether it is moving or not at least for purposes of our study; and its mass will be 2 kg whether it is being pushed upon or not. On the other hand, the weight of an object measured in Newton will vary according to where in the universe the object is. Weight depends upon which planet is exerting the force and the distance the object is from the planet. Weight, being equivalent to the force of gravity, is dependent upon the value of g - the gravitational field strength. Go to another planet, and there will be another g value. Furthermore, the g value is inversely proportional to the distance from the center of the planet. The nature of the force of gravity will be discussed in more detail in a later unit of *The Physics Classroom*. Always be cautious of the distinction between mass and weight. It is the source of much confusion for many students of physics. Flickr Physics Photo A 1. The scale reads just short of Mass refers to how much stuff is present in the object. Weight refers to the force with which gravity pulls upon the object. These variations are due to latitude, altitude and the local geological structure of the region. Use the Gravitational Fields widget below to investigate how location affects the value of g .

Sliding versus Static Friction As mentioned above, the friction force is the force exerted by a surface as an object moves across it or makes an effort to move across it. For the purpose of our study of physics at *The Physics Classroom*, there are two types of friction force - static friction and sliding friction. Sliding friction results when an object slides across a surface. As an example, consider pushing a box across a floor. The floor surface offers resistance to the movement of the box. We often say that the floor exerts a friction force upon the box. This is an example of a sliding friction force since it results from the sliding motion of the box. If a car slams on its brakes and skids to a stop without antilock brakes, there is a sliding friction force exerted upon the car tires by the roadway surface. This friction force is also a sliding friction force because the car is sliding across the road surface. Sliding friction forces can be calculated from knowledge of the coefficient of friction and the normal force exerted upon the object by the surface it is sliding across. The coefficient value is dependent primarily upon the nature of the surfaces that are in contact with each other. For most surface combinations, the friction coefficients show little dependence upon other variables such as area of contact, temperature, etc. The more that surface molecules tend to adhere to each other, the greater the coefficient values and the greater the friction force. Friction forces can also exist when the two surfaces are not sliding across each other. Such friction forces are referred to as static friction. Static friction results when the surfaces of two objects are at rest relative to one another and a force exists on one of the objects to set it into motion relative to the other object. Suppose you were to push with 5-Newton of force on a large box to move it across the floor. The box might remain in place. A static friction force exists between the surfaces of the floor and the box to prevent the box from being set into motion. The static friction force balances the force that you exert on the box such that the stationary box remains at rest. When exerting 5 Newton of applied force on the box, the static friction force has a magnitude of 5 Newton. Suppose that you were to push with 25 Newton of force on the large box and the box were to still remain in place. Static friction now has a magnitude of 25 Newton. Then suppose that you were to increase the force to 26 Newton and the

box finally budged from its resting position and was set into motion across the floor. The box-floor surfaces were able to provide up to 25 Newton of static friction force to match your applied force. Yet the two surfaces were not able to provide 26 Newton of static friction force. The amount of static friction resulting from the adhesion of any two surfaces has an upper limit. In this case, the static friction force spans the range from 0 Newton if there is no force upon the box to 25 Newton if you push on the box with 25 Newton of force. This relationship is often expressed as follows: Like the coefficient of sliding friction, this coefficient is dependent upon the types of surfaces that are attempting to move across each other. In general, values of static friction coefficients are greater than the values of sliding friction coefficients for the same two surfaces. Thus, it typically takes more force to budge an object into motion than it does to maintain the motion once it has been started. The meaning of each of these forces listed in the table above will have to be thoroughly understood to be successful during this unit. Ultimately, you must be able to read a verbal description of a physical situation and know enough about these forces to recognize their presence or absence and to construct a free-body diagram that illustrates their relative magnitude and direction. We Would Like to Suggest You have to interact with it! You can find it in the Physics Interactives section of our website.

Whatever may be the types of resistance, managers should be very careful and tolerant. Tolerance sometimes helps the employees to realize the need for change and employees accept that.

Messenger What does resistance really look like? In the United States, at least since November , the idea of resistance seems to reflect a broadly imagined popular opposition to the presidency of Donald Trump. At best that sentiment shows up in thousands of grassroots organizations that have taken to the streets or organized on behalf of local political candidates. At worst it functions as little more than the latest lifestyle brand. Resistance, in this formulation, rights what is wrong. As a historian of everyday life in 20th-century Germany, I approach the question of resistance with a rather different perspective, one that sees collaboration and resistance as two sides of the same coin. Even ardent anti-Nazis could act in ways that abetted the exercise of Nazi power. The writer Sebastian Haffner, who fled Germany for England in , described how Nazi stormtroopers confronted him in a Berlin library in March Nazi Germany was hardly a hotbed of resistance. Ordinary people may have pushed back against the regime in small ways, whether by telling political jokes or surreptitiously listening to foreign radio broadcasts. But the existence of a few heroic resisters gave credence to the idea of another Germany, one that could safely play a role in postwar socioeconomic and political reconstruction. Although the July 20, plot to assassinate Hitler has become the iconic example of heroic German resistance against the Nazi regime, it was not always a comfortable reference point. Yet this resistance story is complicated, too. Musical echoes While in Berlin in the mids, I attended one of the annual commemorations of the failed assassination attempt. The modern German army, the Bundeswehr, may now celebrate the July 20 plotters who turned on Hitler. But that celebration nonetheless sounds the strains of military complicity that made that sort of resistance necessary in the first place. Those resisters nonetheless failed to bring down Hitler or halt his genocidal project. So those who long for a heroic resistance should remain cautious about the possibility that such a project will produce short term political transformation. But they did save individual lives, and the ongoing effort to master the German past has provided vital means to interrogate the present. From my perspective as a historian, I believe a contemporary call to resist the long-running practices of dehumanization in American politics and society should strive to hold the Trump administration and its enablers accountable. But, as the example of Nazi Germany suggests, it is also important to recognize that resistance is not about declaring victory following a return to political normalcy. In the United States, too, resistance can define itself as an ongoing project , not something that comes to an end with the Trump presidency. If would-be resisters confront the historical sources and contemporary legacies of American inequality and exploitation, they can create an enduring legacy.

Chapter 8 : 3 Types of Resistance to Change in organizations

- *Coercion: when the motivation approach doesn't work, managers have to use force or threat to overcome resistance. Coercion includes using explicit or implicit threats like promotion denial.*

Duncan Brodie, May 24, Excellent blog post. Change in my experience is one of those areas that seems simple in theory but tough in practice. The key in my experience is to change hearts and minds. Something I too believe in. Surabhi Rastogi Norm Nopper, May 24, I have posted this list previously on the web, but it bears repeating. It reinforces what you are saying with your list of 12 items. In my experience, here are the top 5 enablers or assets that assist change, followed by the top 5 obstacles to change. People would rather complain than change. Christian Paulsen, May 26, Excellent list and explanation! Awareness of these reasons why people resist change can go a long way towards overcoming that resistance. Seeking input, communicating plans, and listening to concerns go a long way towards resolving many of these obstacles to successful change implementation. Chris Rich, June 11, Last sentence is key for me. Too many people assume that because the business case and rationale stacks up people will change. Emotional engagement trumps rationale every time benbvsr, June 13, I would suggest these traits of management style that set the environment for failure. When the workforce are engaged with change they will support it. When they are not they will resist it. If we know how to engage the workforce we will do so and experience the amazing experience of working with the workforce instead of against them. Rick Fowler, June 26, There is one more source of resistance, though maybe something on this list is meant to cover it. The loss or threat of loss of something important. Sometimes the uncertainty of what will be lost generates the fear and resistance. Sometimes what is being lost, is very clear, e. When change takes something away that is important, some kind of resistance may arise. Traci Buxton, June 29, Excellent article! Change is hard for many people and requires repeated reassurance, very clear communication for both management and staff as well as a great deal of patience in order to achieve long-lasting results. KatokaAus, July 5, Such common sense, yet so often forgotten. BobElinger, February 2, The gross presumption of the writer and management attendees of the article is not surprising considering the degree of dysfunctionality of the worldview presented. If a workforce is subject to abrasive, belligerent, and threatening management then common morality and ethics mandates resistance. The hypocrisy of modern American business is that while persons in management conduct their own lives under common conventions of social contract and morality, they demand to be excused from the same conventions in the business place "they insist on treating subordinates in any manner they please for the good of profits, stockholders, or the mere ego of the CEO. Moreover, the perspective of the writer assumes that might is right, that authority bears no responsibility in its actions" as long as the flow of authority is maintained. Without ethics and morality in business, the pursuit of profit becomes a workplace nightmare. Kylie Cantwell, January 24, Great list, Rick. Communicating effectively with people, building trust, selling the benefits, and making the change as easy as possible for them, are so important. Desiree Clay, March 2, I agree whole heartily with Duncan Brodie, I have implemented changed from the heart, but first It all starts in there minds. Gaining trust and giving them confidence. When people have experienced that change causes problems and offers no improvement on their situation but is done for the sake of change and the managers bonus it is common sense to resist change. Ethics, culture and integrity breed acceptance.

Chapter 9 : More than 50 Organizations Launch United Resistance Campaign as Trump's Cabinet He

Management Ch6 Part 1. a. denial, resistance, consideration, and acceptance What is a major focus of resistance to change? a. Work environment b. Intensity.

How to get organized, how to be productive, Swift To-Do List tips and tricks How to Overcome Resistance to Work 4 Techniques Blog Post by Jiri Novotny published on Friday, 08 June in Productivity Even if your approach to work is excellent and you are self-disciplined, from time to time, a nasty task will appear. Task that you will feel extreme resistance to, which will cause you to procrastinate. Rationally, you will want to complete the task, but emotionally "no way. However, with the right approach, you can easily overcome resistance. All you have to do is to use your mental resources efficiently. Just a little bit of the right mental effort can get you happily cranking on that horrendous task in just a few minutes. I am going to share these with you. I will also give you a fourth supporting technique, and show you how you can combine it all for maximum power. Break it down Break the dreaded task into the largest possible amount of sub-steps. Write it all down. Also write all related thoughts and notes that will occur to you during this process. With such a how-to guide in hand, there will be little else to think about. You will just do it. The magic of this approach is that the breakdown is an actual work on the task! Thanks to the breakdown process, you will think the task through and discover possible pitfalls. You will create a mental map of the unexplored scary territory which was causing the resistance. This technique usually completely dissipates any resistance. Next Action in GTD is the next specific action you can take to move certain project forward. The problem is that this very action can be the one causing the resistance. However, there is a simple algorithm which you can use to discover a next step that you will actually want to do, and feel no resistance to. Let me give you an example from my own life. I am writing a book, and one day, it happens that I will feel enormous resistance to writing. However, with the following dialogue, I can go past the resistance and start writing in just a few moments. It goes like this " this is the inner dialog I have with myself: Can I write a book right now? Ok! how about a single chapter? Can I write a chapter? Well how about just one page, can I write one page? Well, can I at least open MS Word? Yes, I can do that. So now I have Word opened, and the process continues: Can I write something? So I start reading, and sure enough, I will want to edit some of the things I wrote during the previous sessions. I edit them, and sure enough, before I know it, I am writing new text. Once I run out of things to write, I take a break, and then I continue the dialog with myself like this: Can I write some more? How about some freewriting, writing completely random stuff at the end? So I start writing random things at the end of the book, whatever is on my mind Freewriting , clarifying my thoughts, playing with ideas " and sure enough, before I know it, I am yet again writing valuable new content for the book. As you can see, I am always trying to find the smallest possible next step I can take. Sometimes, I do this dialogue on paper or on a computer. You can experiment with that, too. This technique works like a charm. It is simple, yet powerful. Once I discover the micro-step I am willing to do, and actually do it, I usually have no problem going forward with further action on the task. Set a time limit Kitchen timer or any other kind of timer can be priceless. Pomodoro works great, but sometimes, even 20 minutes limit is too much to make us feel like doing something. So, why not try 5 minutes? How about 1 minute? Are you willing to work for 30 seconds on that terrible task? Set the timer and go! The rest will follow, starting is half the success. If not, do another time block, and gradually make them longer. You can learn more about this in my previous post Overcome procrastination with new Swift To-Do List. Discover the hidden cause of resistance and solve it Sometimes, all you need is a few minutes of contemplating with a pen or a keyboard. If you can discover the hidden cause of the resistance, you can oftentimes easily solve it. The causes are usually very specific and individual. Try to look at it from multiple perspectives. For example, you might not want to start with some big task because you are afraid that you will have no time for fun if you start working. So the solution could be to schedule some fun activity with friends for the evening, then happily get to work, knowing that the fun is already guaranteed. The Now Habit is a wonderful book on procrastination. It explains all the possible causes of procrastination in detail, and it provides strategies to overcoming them. In life, everything is voluntary. Combine the above For

maximum effect, you can combine all the techniques above: Discover the smallest micro-step you are willing to do Start a timer and work on it for 2 minutes Here is a final tip for you: When it comes to success in life, the speed of implementation is critical. Pick some task that you feel especially large resistance to, and engage it. Now you know how. Can these few clicks revolutionize the way you work?