Resistance Assessment Worksheet

1. **Why do you think the change is happening?** For the current change underway, describe the business, customer, or competitor issues that you believe have created a need for change.

2. **Do you support this change?** What factors affect your desire to change? Would you consider yourself in favor of the change, neutral towards the change or opposed to the change?

3. **Do you have the training you need?** Identify the skills and knowledge that you believe are necessary to support the change. On a scale of 1 to 5, how would you rate your current training on these skills and knowledge areas?

4. **Are you having any difficulty implementing these skills and knowledge? If yes, in what areas?** Considering the required skills and knowledge, how would you rate your ability to implement the changes?

5. **Are you getting the support you need?** Is there adequate reinforcement and support for the change going forward? In what areas can we provide additional support or reinforcement?