**MANAGING AGILE ORGANISATIONS AND PEOPLE**

**Learning Outcome 4: ACTIVITY 10**

**PAIRED ACTIVITY**

## **Pause, reflect and adapt**

Working individually, utilise a force field analysis to assess how you, yourself, impact on your own learning.

Working with a partner, take it in turns to discuss how each of you can maximise the ‘helpers’ and overcome the restrainers you identified.

What strategies and opportunities can you recommend for personal and professional development?