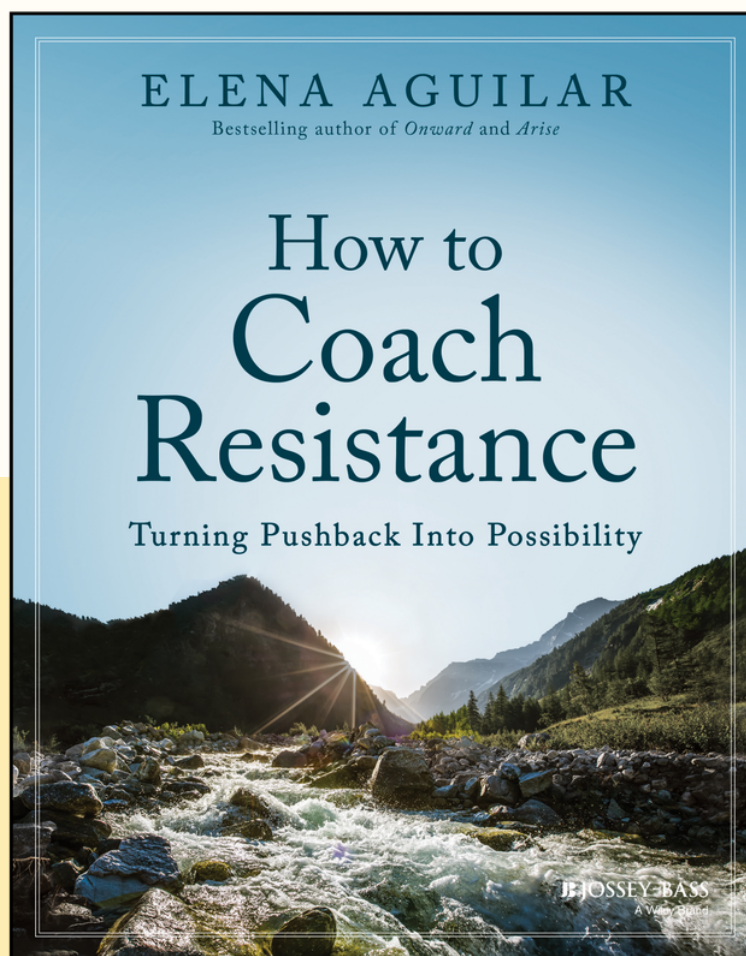


TOOL

Figure 6.1: The Three Moves



This product is the intellectual property of Elena Aguilar and Bright Morning.
Unauthorized use, reproduction, or distribution is prohibited.

Figure 6.1: The Three Moves

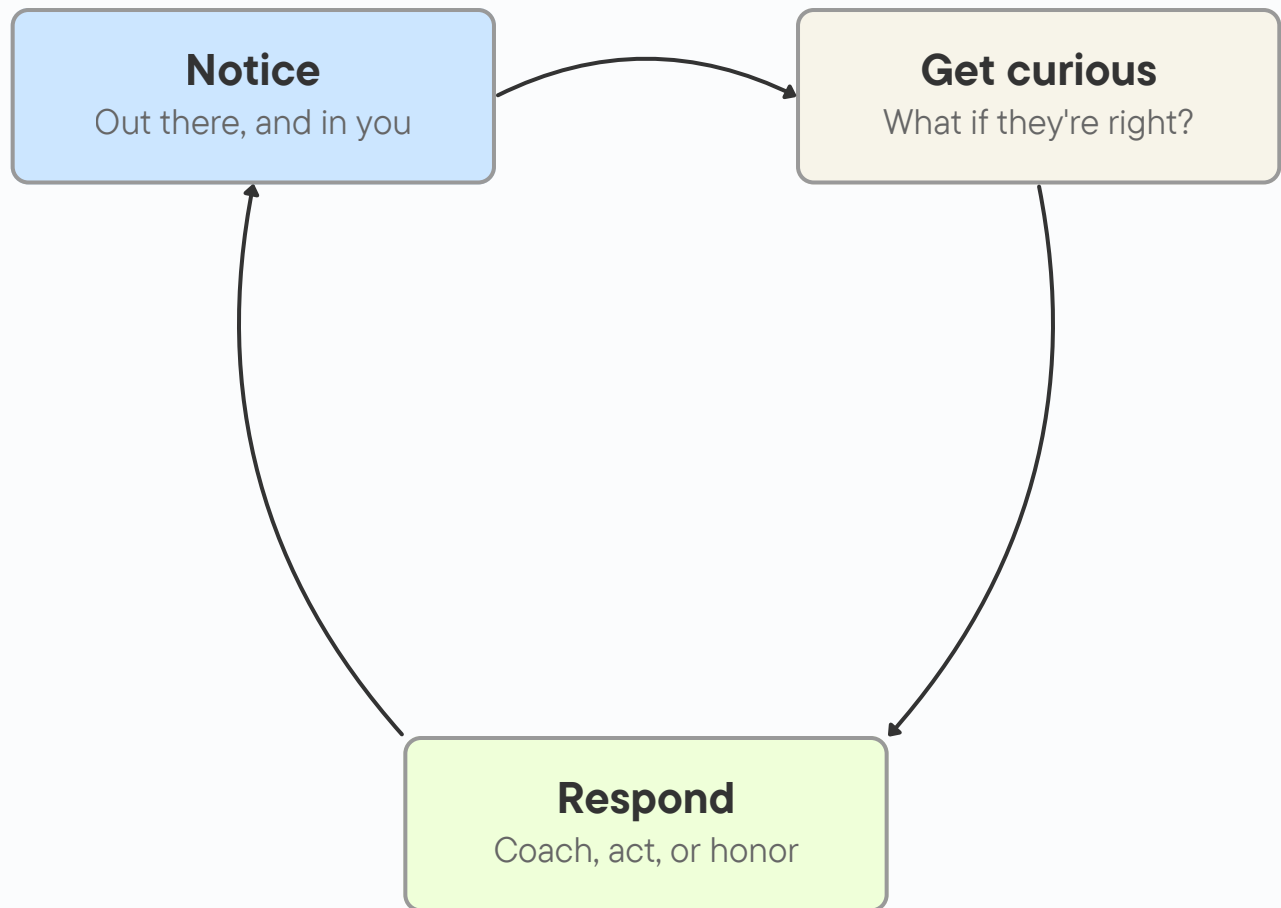


Figure 6.1: The Three Moves © Elena Aguilar, *How to Coach Resistance*. Jossey-Bass, 2026

WHAT'S NEXT

Keep Learning with Bright Morning



Join Elena Aguilar for a live [Coaching Resistance workshop](#).

If you've ever wished you could sit beside Elena as she coaches through resistance in real time, this is your opportunity. Learn directly from the author of [How to Coach Resistance](#) as she demonstrates how to navigate pushback, coach emotions, and transform challenging conversations into opportunities for growth.



And for an entire year of on-demand support, join our [Coaching Lab](#).

Transformational Coaching at your fingertips.

- Access proven coaching strategies exactly when you need them, 24/7.
- Develop your unique coaching style with personalized feedback and guidance.
- Eliminate isolation by joining a professional community of coaches facing similar challenges and finding success.

Curious what this could look like for your team?
Schedule your [complimentary consultation](#).

