

Book review

Title: Swim, Jump, Fly – A guide to changing your life

Author: Charlotte Sheridan, organisational and coaching psychologist

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Price: £12.99. Available from swimjumpfly.com and Amazon.co.uk

Reviewed by **Michelle Stewart**, Canterbury Christ Church University/NICEC Fellow.

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This a great book to add to your collection if you want to better understand and support others to make and manage career changes, big or small. In addition to offering her own considerable knowledge and experience, Charlotte Sheridan, an organisational psychologist and coach, appropriately introduces the models and theories of others, offering a range of approaches and understanding. Having conducted interviews with 108 people across 27 countries, she skillfully supplements her work by sharing the experiences of others, allowing them to tell their stories and adding a range of voices to her own narrative. Her writing style is easily accessible, grounded in the reality of day-to-day life and reassuring.

The book has a logical easy to follow structure based around a change model, while also supporting a 'dipping-in' approach should the reader wish to focus on a particular stage of the change process. If you are seeking to gain new insight and a better understanding of the what, how, when and why concerning career changes, then this is a good resource to help you answer those questions, both for yourself and to support others. The cartoons and illustrations by Simon Pearsall add a lovely touch to a book that I am pleased to have on my bookshelf and to recommend to others.