

CareerMatters

THE MAGAZINE FOR THE CAREER DEVELOPMENT SECTOR

BOOK REVIEWS

SWIM, JUMP, FLY – A GUIDE TO CHANGING YOUR LIFE

**Charlotte Sheridan,
organisational
and coaching
psychologist**

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If you are looking to make changes in your life, or supporting others to do so, and are unsure about why, what, when and how, then this is a great book to help you answer those questions. Drawing on her considerable experience as an organisational psychologist and coach, Charlotte Sheridan introduces the topic of how to decide on and manage change in your life. She writes in a lovely personable style, is constantly reassuring and in touch with real life.

Alongside some useful exercises, I especially liked how she used the experiences of others, drawing on interviews with 108 people in 27 countries. Their stories offered useful insights, encouragement and inspiration; importantly providing a sense that you are not alone. The book has a clear logical structure and every chapter is meaningful, although as a reflective careers practitioner I found the

most relevant content was around 'how'. It was encouraging to realise that change need not always be dramatic - a charge into the unknown. Modifying how we do what we do can be equally effective. The cartoons and illustrations by Simon Pearsall add a lovely touch to a book I am pleased to have on my bookshelf and recommend to others.

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