

Richard's Book Review

'Your Job Survival Guide - A Manual For Thriving In Change'

by Gregory Shea, Ph.D & Robert Gunther

This book is not really a job survival book, although it helps in that area, it is really a book about embracing and thriving in a world of high-octane change.

The message throughout the book is to challenge your thinking about change and see change for what it is; a relentless river of non-stop permanent whitewater rapids.

In fact the constant analogy throughout the book is to become an expert kayaker. You are challenged to learn how to increase your manoeuvrability, by learning how to 'eskimo-roll'; be comfortable hanging upside down; embracing the wet and cold; work the eddies to pace yourself and preserve your sanity.

The authors argue that the old 'flat-water thinking' and approach to change being linear, manageable and sequential is dead and buried. Therefore, they compel us to think of change being our number one job!

Change is now fast, furious and viral. You can get buried and burnt out, or you learn how to handle and thrive - not just survive change. This book is about thriving amidst the challenges of your permanent whitewater world at work.

Beyond the powerful riding the rapids analogy, with stories and experiences of professionals in industries from energy and telecommunications, to financial services and health care, this book also gives you some great practical tips that you can apply back in your workplace, such as:

- *Strategies to protect your career, while taking full responsibility for yourself*
- *How to seize opportunities in turbulent times and get resilient*
- *Take charge, set your own course, learn to pace yourself*
- *Get used to failing often and develop strategies to recover quickly*
- *How to lead others in the world of ad-hoc teams*
- *Re-discover play, optimism and adventure while riding the rapids*

So if you haven't truly embraced permanent whitewater, then this book is a must to bring you into the new world of change. If you have embraced change but would like a manual for thriving and mastering your maneuverability skills, then you will love this book.

