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Jump Now! Lead Solution Focus Collaboration to Accelerate Sustainable Results

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BOOK REVIEW**Jump Now! Lead Solution Focus Collaboration to Accelerate Sustainable Results**

John Brooker

Book Printing UK, 2020, 250 pp, ISBN 978-1838539443, £17.94 paperback (Kindle edition available)

Review by Matthew L. Schwartz

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In John Brooker's book *Jump Now! Lead Solution Focused Collaboration to Accelerate Sustainable Results* you will find a well laid out, easy to understand, and exciting to explore roadmap of Solution Focused practice for those who work in, or with organizations. He provides numerous examples of how Solution Focused practice can be utilized from strategic planning to civil engineering projects, and then provides the necessary framework to accomplish these tasks, drawing on a rich framework of metaphors starting with DNA (and continuing forward into each of the DNA's subsequent parts).

John then provides a new translation of Haesun Moon's Dialogic Orientation Quadrant transmuting it into the Solution Focused Compass (Canadian Centre for Brief Coaching, 2018). In this way, John provides us with a basis for looking at what energizes, or de-energizes collaborations and teams in a way that business leaders and SF practitioners both can readily understand.

In his translation of the compass, John moves to look at how questions are asked, rather than how questions are answered, providing SF leaders with a new metaphorical way of framing our work. Keenly aware of his words, and his word choices. John works to explain the 'whys' of how questions are asked and designed throughout the text to make the reader more aware of their own lexicon and mindset.

While this book may raise the hackles of some Solution Focused traditionalists in its embrace of Problem Focused talk as being part-and-parcel of the change process, John presents this as a continuum to understand our own internal biases, and to map where we are in finding solutions when collaborating with others, and when exploring paths forward. He doesn't treat Problem Focused language as something to be eschewed, but rather something to be aware of, and to consider its use with the deepest intention.

John answers the one criticism I had of his book in Chapter 6 on using Solution Focused Questions. While I would have liked to see, perhaps, more examples of questions that can be asked in an organizational/macro practice/business work, John rightly points readers in the direction where such a list can be found (along with a wonderful diagram in his "A Guide to Create SF Questions, page 122), while cautioning readers against 'memorizing questions' to the point where we're a) not thinking of our own questions and b) trying to remember the 'right' question to the detriment of listening to those who are with us in the room. John builds on this in Chapter 7 when he discusses question patterns and provides further resources for readers to explore that will no doubt lead both novice (as well as experienced) SF practitioners in the right direction to facilitate change in their organizations.

While some may consider the chapters on space and pacing simplistic, they are anything but (especially for those of us who have ever been stuck in uncomfortable, unimaginative, unproductive board rooms, lecture halls, and other spaces). John remembers the important details, and – again, through his use of DNA metaphor – entreats us to remember them as an important part of the change process as well. Just like those who are therapists will have carefully thought out their counseling spaces, so too does John ask us to think about our corporate spaces in which we encourage change and solution finding.

The author neatly takes his metaphors and expertly brings them together in part two of his book, where, through a series of 'Jumps' he affords the reader the space, and the examples, to apply the first section in their work through the

metaphor of FreeRunning or Parkour, including many activities that can be used individually and in groups, both online and offline.

While this book is oriented for those who have a basic understanding of SF, novices and experts alike will find it a useful addition to their bookshelf. Perhaps most appealing for the corporate consultant, this book may be equally appealing for the therapist or counselor seeking to make change at their agency, or social work students who are learning about institutional and organizational change. I look forward to adopting it, and many of the activities, for a class that I teach on social media and social movements where my students must collaborate to create social change.

References

Canadian Centre for Brief Coaching. (2018, June 18). Model #1: Dialogic orientation quadrant (DOQ)—CCBC. <https://www.briefcoaching.ca/blog/dialogic-orientation-quadrant>

The reviewer

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