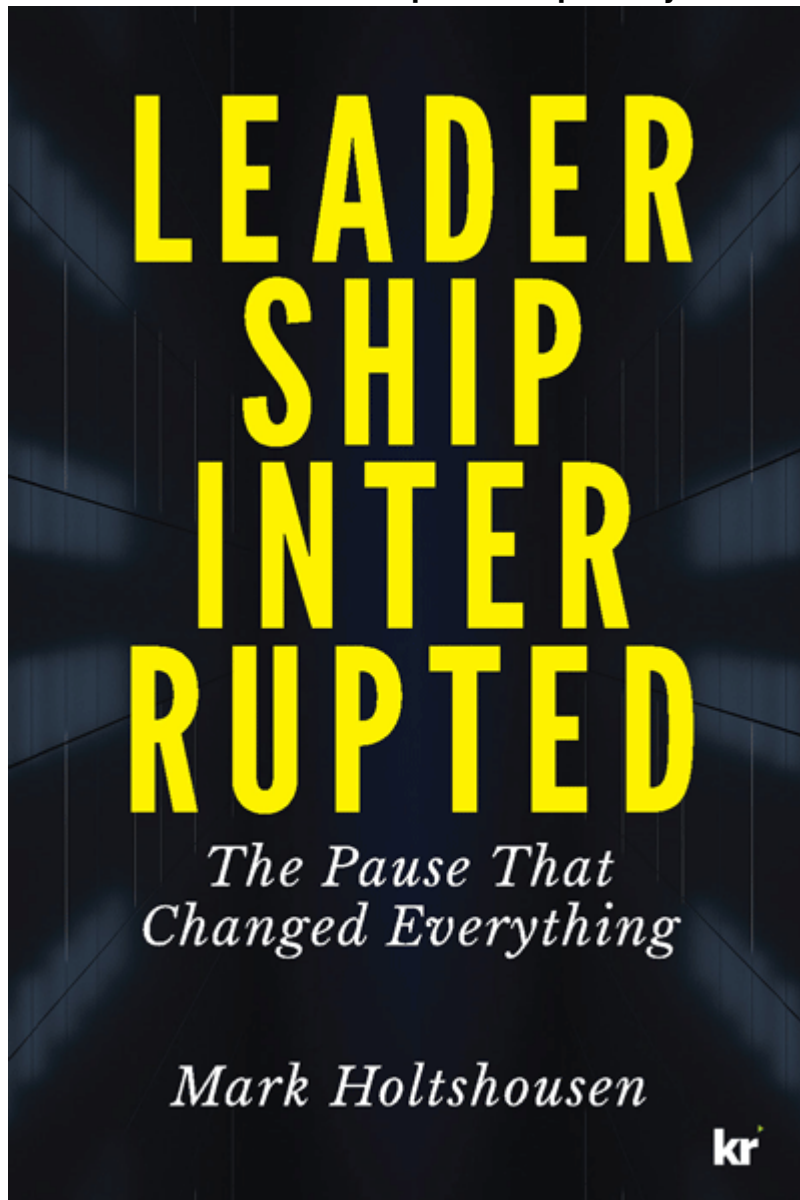


## Book Review - Leadership Interrupted by Mark Holtshousen



Knowledge Resources 2023, R329, e-version R296.

This slim book is written by a senior leadership coach who has, over the years, niched his coaching in transitions support for senior leaders and sports people.

He applies his knowledge and experience in a very clever way to describe and explain the lasting effects of the Covid pandemic, resultant lock downs and eventual disruption to normal work patterns. He believes that these disruptions have led to a deep sense among leaders that their life needs to change for the better, and a sense of uncertainty on how to lead people who are also rejecting previous workplace norms.

He draws on various theories, including Generational Theory, Personal Construct Theory, Adult Renewal Theory and some neuroscience, but writes directly for leaders, in bite-sized, short chapters, describing coaching conversations he has had with clients and aiming to provide practical ways forward in coping with these challenges.

HR practitioners could use this book to help themselves, and could also offer the book to their leaders for

their further development.