

What are 7-Minute Briefings?

Background

Seven-minute briefings are based on a technique borrowed from the FBI. It is based on research, which suggests that seven minutes is an ideal time span to concentrate and learn. Learning for seven minutes is manageable in most services, and the learning is more memorable because it is simple and self-contained

Why now?

NCSAB is aware of increasing pressure on services, which can make it difficult to release staff to attend training. Given the need for ongoing staff development to maintain a skilled workforce, it is hoped that these short, team based learning events might be an effective way to support learning

Future Briefings

If you or your team have any suggestions about topics that future briefings could cover, please send your suggestions to the 'safeguarding partnerships' email address below

Content

The content of these briefings will be a mixture of new learning (such as from SARs & DHRs) or a refresher of core information, with the expectation that staff will consider its relevance in relation to their team practice

Relevance

Even if the briefing does not seem relevant to the work of your team, it should still be considered: learning is important, staff change roles and jobs all the time and safeguarding is everybody's business

Purpose

Their brief duration and size means they should hold people's attention, whilst being easy to share. Briefings will be distributed regularly in response to identified need. The format of each briefing will be the same, so staff can quickly become familiar with them

Clearly, the briefings will not have all the answers, but it is hoped that they will act as a catalyst for managers and teams to reflect on their relevance within their own areas of work

Learning

The briefings will be an invitation for staff to think about and discuss the topics under review. This could result in some teams changing the way they work, but that is not an expectation. The briefings can stand alone, even without team discussion, although if time is available, discussion between colleagues is likely to better embed learning amongst staff

