

# SAB – Seven Minute Briefings

## 1 – Background

Seven minute briefings are based on a technique borrowed from the FBI. They are based on research, which suggests that seven minutes is an ideal timespan to concentrate and learn.

## 2 – Why do they work?

Research shows that learning for seven minutes is manageable; learning is more memorable as it is simple and not clouded by other issues and pressures.

## 3 – How can they be used?

The content of the briefings from the SAB will be a range of reminders, important information, new information such as learning from SARs or important changes to guidance or legislation.

## 4 – How will they help?

Clearly the briefings will not have all the answers, but it is hoped they will act as a catalyst to help Board members and their staff to learn and reflect on practice and systems.

## 5 – How will they help?

The briefings can be an invitation to think, they could end with discussion points which help enhance learning, however they can also stand alone.

The briefings will be published on the SAB webpage

## 6 – Future suggestions

If you or your agency have any suggestions for future briefings which you would find helpful, please email them to –

[SafeguardingAdultsBoard@northlincs.gov.uk](mailto:SafeguardingAdultsBoard@northlincs.gov.uk)

## 7 – Recommendations

We would like SAB members and Managers to present the briefings to their staff.

The briefings should not be mixed in with ordinary day to day issues of your agency or team as this will diminish their impact.

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