

Feel like you're in **over your head**? don't worry, reflect and use supervision. Share your concerns and sense check.

Eyes – what have you seen, what do you observe? Also think about what you can't see, and why?

Right in front of your nose – sometimes we don't see the things right in front of us!

Be nosey with good intentions!

Shoulders – what information do you hold? You don't need to shoulder full responsibility by yourself.

Take a partnership approach to sharing risk.

Arm's length – are you being kept at arm's length? If you are, think about why that might be?

Get a **head start** – plan and be prepared!



Listen to **your gut instinct** – notice when something isn't right.

Find your feet in a situation, take things **one step at a time**, don't go rushing in.

Be curious about what is going on around you.

Listen with your whole body, from the top of your head to the tips of your toes.

Hair raising issues – always think the unthinkable, don't take things at face value.

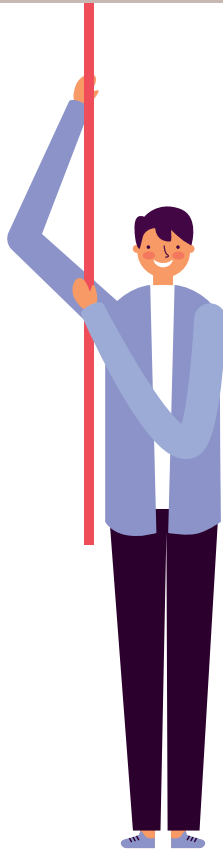
All ears – remember that actively listening is not the same as just hearing someone!

Mouth – use all your communication skills to build trusting relationships – be honest with people.

Long arm of the law – legal literacy is important! Be clear of the legal frameworks and how can they support the person and you.

Understand and always remember who and what is at the **heart of the matter**.

Top tips



Professional curiosity

This card is based on Siobhan Maclean and Wendy Roberts' animation relating to professional curiosity. The full animation can be found on YouTube via the link or QR code below:

[www.youtube.com/
watch?v=6Caz__XX8ks](https://www.youtube.com/watch?v=6Caz__XX8ks)



Further information can also be found on the Safeguarding Adults Board website:
www.northlincssab.co.uk.

