



XR DEBRIEF

Why Debrief?

- **Process** challenging experiences
- **Make sense** of what *actually* happened
- **Learn and Grow** as a movement
- Develop **conflict resilience**

Simple structure of debrief:

- **Roots** - what each person **actually saw or heard?**
- **Rose** - **what went well?**
- **Thorn** - **what didn't go so well?**
- **Bud** - **suggestions, learnings, opportunities?**

Debrief after any action or event in particular after a major incident

Start and end debrief with a **grounding and check-in**

A **map or timeline** can help clarify events. Aim to have a full debrief a few days after the event. Share tensions that might build unless tended to now.

For detailed resources visit tinyurl.com/XRDebrief

XR BRIEF



Why Brief?

- To have a clear **aims** for the action
- Ensure group clarity on the **plan and roles**
- Identify **needs of group** and any gaps in plan

Simple Structure of Briefing:

- Check-in and **grounding**
- What are your **aims and intentions?**
- Can we foresee any **risks?**
- Attach **roles** to practical tasks
- Clarify communication channels
- Accurately describe the **physical space**
- Identify any **fears and concerns**

Aim to have several briefings, at least one full briefing several days before the action and one shorter briefing immediately before the action (on action site)

