

# Queen Square FHT: *Annual Retreat*

Sept 24, 2025

## Retreat Objectives:

1. Enhance individual and collective competence to lead a team focussed on sustaining and enhancing both staff well-being & patient care;
2. Build upon a team culture of “respectful candor” and “critical friends”;
3. Develop an external self-awareness of how others perceive you and how you believe that you are perceived;
4. Explore the above interactively using relevant scenarios and reflect on various perspectives in the group.

## Pre-read Activities:

- CBCF framework pre-read video
- Conflict Companion Guide

## Agenda

TIMEFRAME	DESCRIPTION
9-905am	<b>Intro kick-off</b>
905-930am	<b>"one honest goal"</b>
930-1015am	<b>DiSC Concept Review</b>
1015-1030am	<b>BREAK</b>
1030-1045am	<b>Communication Activity</b>
1045-1200pm	<b>Johari Window</b>
1200-100pm	<b>LUNCH</b>
1-115pm	<b>Would You Rather (OR game)</b>
115-125pm	<b>Reflection Discussion</b>
125-1:30pm	<b>CBCF Framework</b>
130-215pm	<b>Breakout Discussions</b>
215-230pm	<b>BREAK</b>
230-300pm	<b>Conflict Companion Guide</b>
300-345pm	<b>Scenarios</b>
345-415pm	<b>Final Reflections</b>
415-430pm	<b>Final Thoughts, Wrap Up</b>