

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