

CBCF FRAMEWORK™ PRE-READ WORKSHEET

Happy Valley FHT: Half-day Team Retreat
Friday November 14th, 2025

CBCF Framework

1. Watch the pre-read video: <https://youtu.be/mVeyse8t3s>
2. Answer each of the questions in the CBCF framework below. Aim to come up with 3-5 points per quadrant.

COLLABORATION

How would you describe your ideal collaboration with colleagues?

BOUNDARIES

What do healthy workplace boundaries look like to you?

COMMUNICATION

What does open communication look like to you?

FEEDBACK

How do you feel about giving and receiving colleague feedback?