

# CBCF FRAMEWORK™ PRE-READ WORKSHEET

Windsor FHT  
Friday March 6<sup>th</sup>, 2026

## CBCF Framework

1. Watch the pre-read video: <https://youtu.be/mVeysse8t3s>
2. Answer each of the questions in the CBCF framework below. Aim to come up with 3-5 points per quadrant.

<p><b>COLLABORATION</b></p> <p>How would you describe your ideal collaboration with colleagues?</p>	<p><b>BOUNDARIES</b></p> <p>What do healthy workplace boundaries look like to you?</p>
<p><b>COMMUNICATION</b></p> <p>What does open communication look like to you?</p>	<p><b>FEEDBACK</b></p> <p>How do you feel about giving and receiving colleague feedback?</p>