

ARNPRIOR & DISTRICT FAMILY HEALTH TEAM

Half-day Team Retreat
Monday, March 9, 2026

Half-day Retreat Objectives:

1. Build upon a team culture of “respectful candor” and “critical friends”;
2. Develop an external self-awareness of how others perceive you and how you believe that you are perceived;
3. Explore the above interactively using relevant scenarios, and reflect on the group's various perspectives.

AGENDA

TIMEFRAME	DESCRIPTION
1-105pm	Intro kick-off
105-130pm	"one honest goal"
130-215pm	REPN Concept Review
215-230pm	BREAK
230-245pm	Fun Activity
245-345pm	CBCF Discussions (45 mins total) Collaboration - Outline what good collaboration looks like between staff members. Boundaries - Frame the boundaries in staff member relationships. Communication - Describe what ideal, open communication looks like between staff. Feedback - Articulate best practises for giving and receiving feedback.
345-355pm	Final Reflections
355-4pm	Wrap Up

