

CBCF FRAMEWORK™ PRE-READ WORKSHEET

Central Brampton FHT: Team Retreat
Thursday, July 9, 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.

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?