CBCF FRAMEWORK™ PRE-READ WORKSHEET

East Wellington FHT: Team Retreat
Wednesday, December 2, 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?

East Wellington Family Health Team

HUMAN SCAFFOLD
Building human connections for exceptional results