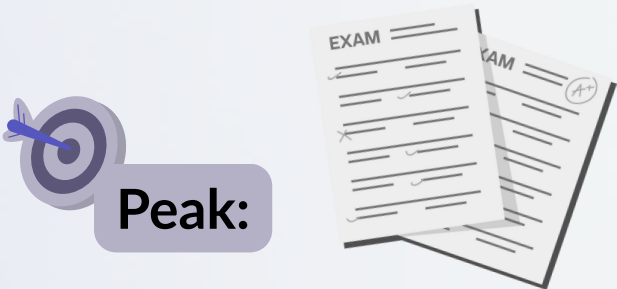


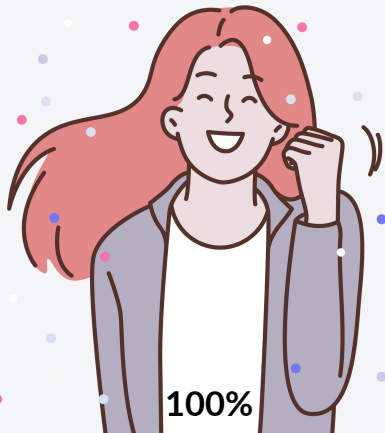
CFC Blueprint

Success Meter

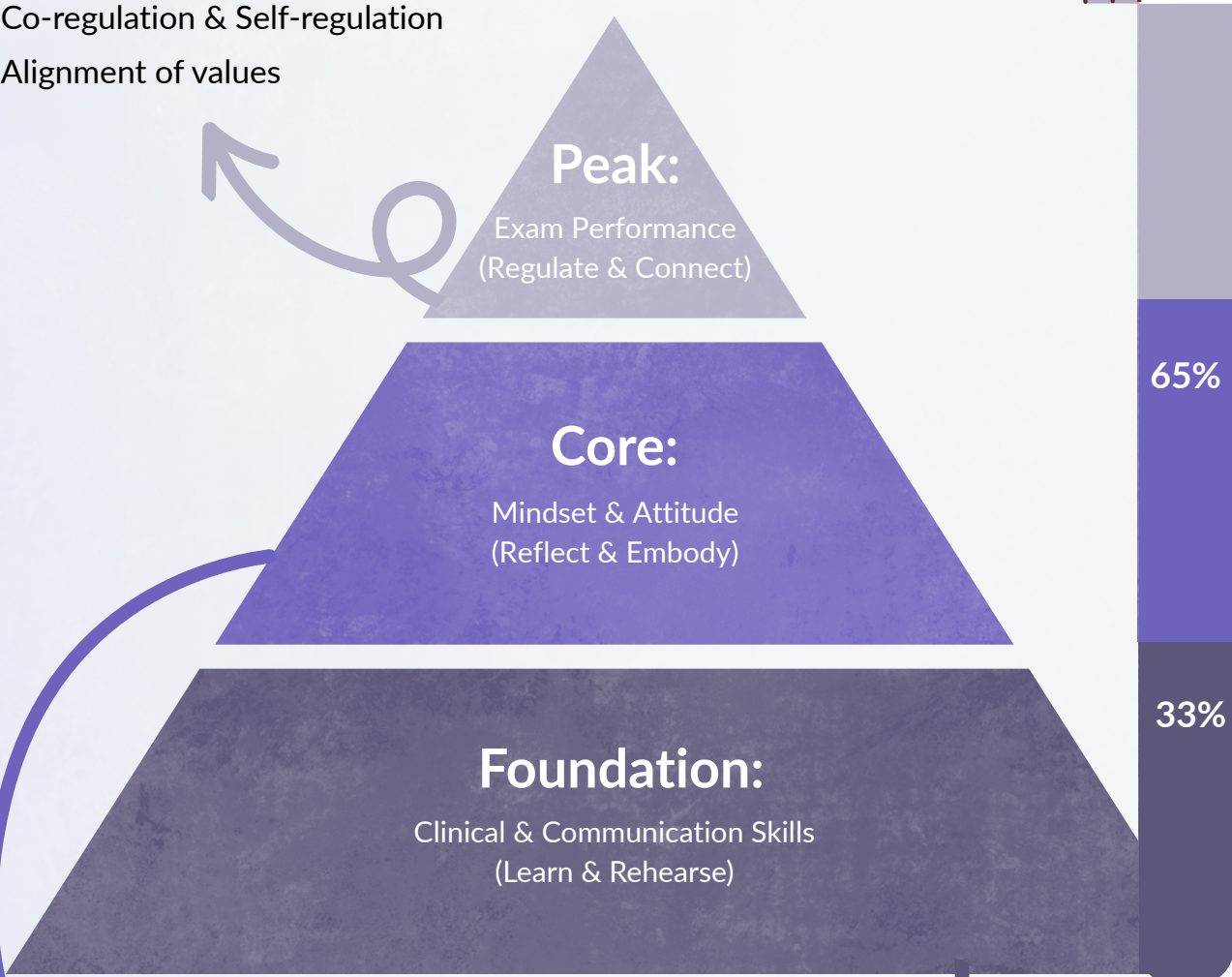


Peak:

- ✚ Nutrition, hydration, sleep
- ✚ Uncluttered mind
- ✚ Vision for the future
- ✚ Co-regulation & Self-regulation
- ✚ Alignment of values



100%



Peak:

Exam Performance
(Regulate & Connect)

Core:

Mindset & Attitude
(Reflect & Embody)

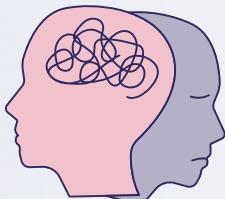
Foundation:

Clinical & Communication Skills
(Learn & Rehearse)

65%

33%

Core:



- ✚ Transference Recognition
- ✚ Managing countertransference
- ✚ Cognitive restructuring
- ✚ Interpersonal skills
- ✚ Negotiation tactics
- ✚ Self-awareness
- ✚ Situational awareness
- ✚ Leave the station behind
- ✚ Body language awareness
- ✚ Seek multi-point feedback

Foundation:



- ✚ Voice projection
- ✚ Clinical knowledge
- ✚ Time management
- ✚ Peer & senior feedback
- ✚ Video recording
- ✚ Consultation frameworks
- ✚ Jargon free language
- ✚ Empathy & rapport
- ✚ Start revision early

