

$$\begin{array}{ccc}
 \mathbb{R}^n & \xrightarrow{[T]_{\mathcal{B}}^{\mathcal{C}}} & \mathbb{R}^m \\
 \uparrow [\]_{\mathcal{B}} & & \uparrow [\]_{\mathcal{C}} \\
 V & \xrightarrow{T} & W
 \end{array}$$