

$$\begin{array}{ccc}
 C & \xrightarrow{\eta_C} & G(F(C)) \\
 & \searrow g & \downarrow G(f) \\
 & & G(D)
 \end{array}
 \qquad
 \begin{array}{c}
 F(C) \\
 \downarrow f \\
 D
 \end{array}$$