

# The **CTRL** Model

## **Proof of Concept**

### 180° Report

## **Introduction**

This report is intended as a coaching aid — a shared reference point to explore awareness patterns, developmental edges, and next steps without judgement.

This report belongs to:

Note that whilst I do recommend to share this profile, please do so within a psychologically safe / trusted environment.

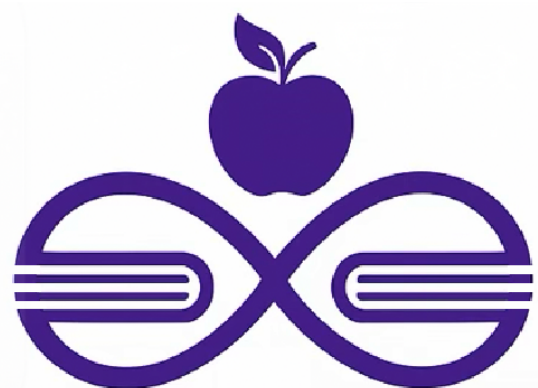
Date of completion:

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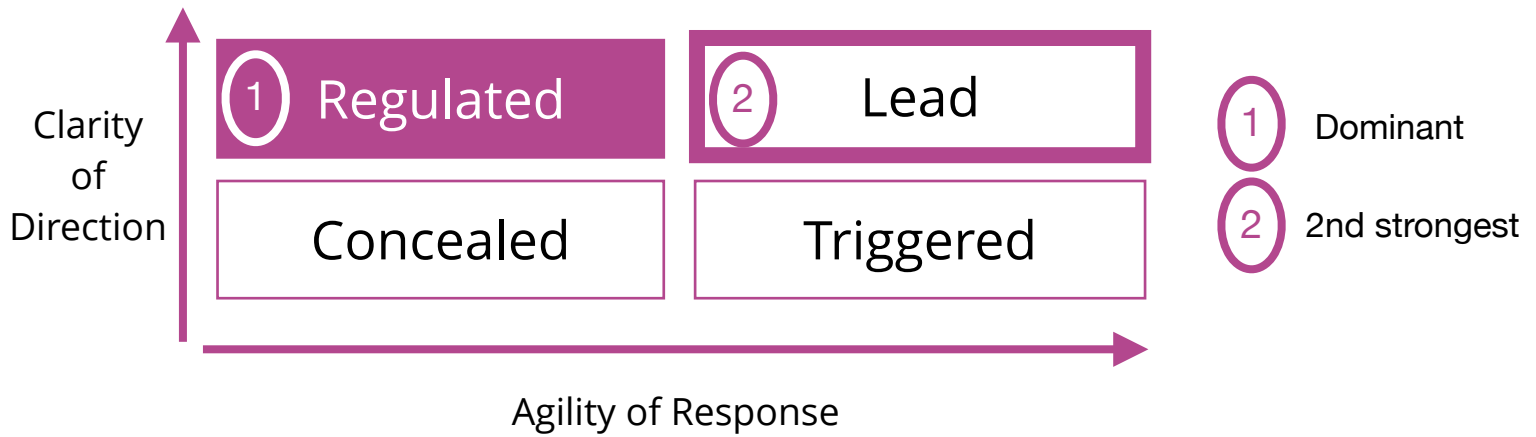
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## Your Results: Executive Overview

Remember your Dominant / 2nd State is:





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## CTRL Overview

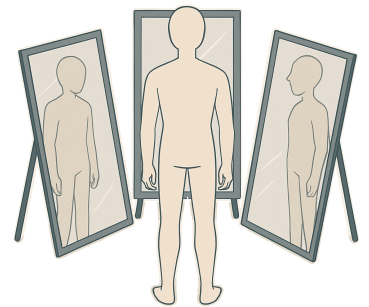
Remember your **CTRL** Chart is:



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# CTRL Deep-dive

## Theme Overview





## Interactions

This section explores how your new insights can help you adjust how you show up with colleagues and leaders, so your intent has a better chance of landing as you expect.

*With Colleagues...*

*With Leader...*



## Actions

From here, it is less about changing who you are and more about making small, intentional shifts in how you show up in everyday moments, be it in meetings, in conversations, and especially when things feel pressured or emotional.



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