



# The **CTRL** Model

## Proof of Concept

### Coach 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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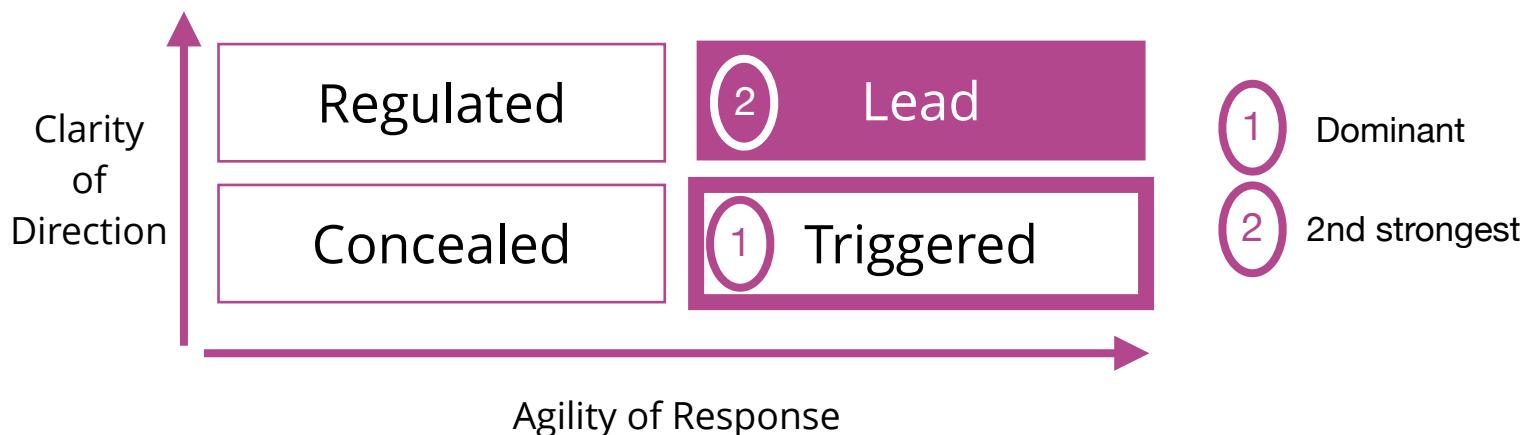


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# Your Results: Executive Overview





The **CTRL** Model PoC Coach Report for

# CTRL Overview

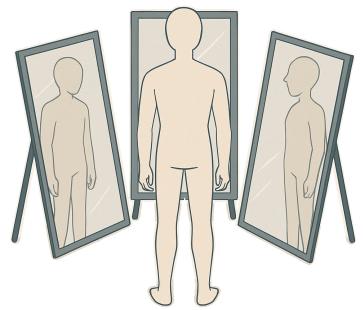


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# CTRL Deep-dive

## Theme Overview

Self-awareness doesn't happen in isolation. It always appears in context. The CTRL level shows how clearly you see yourself. The theme shows which mirror you were looking into.





# Interactions

How you relate to others often depends on both your own awareness level and theirs. By understanding how someone typically reacts you can improve relationships.

*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.

Three large, empty, rounded rectangular boxes outlined in purple, arranged vertically with a slight offset. Each box has a small, stylized purple arrow pointing towards its top-right corner.



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