



The **CTRL** Model

Assessment

Introduction

This report is your mirror to mindset maturity which helps you to orientate, not rank yourself.

Name:

Date:

Contact

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Your Results: Overview

Your current State is...

Concealed

- Holds back until safe
- Reads the room first
- Keeps doubts private
- Hard to read at times

Triggered

- Reacts quickly to cues
- Speaks plainly in the moment
- Shows emotions openly
- Risks overreacting

Regulated

- Balances feelings and fairness
- Seeks feedback openly
- Steady under pressure
- Sometimes too understated

Lead

- Reads unspoken dynamics
- Adjusts before issues escalate
- Creates safety for others
- Guides with calm authority

Representing the character...





Frequency Overview

Your chart looks like this...

How this shows up is...





Sequence Overview

What the way you responded to each situation means...

Your Notes:



The **CTRL** Model

Assessment for

Theme

Your Notes:





The **CTRL** Model

Assessment for

Working with / for others



Tips

Potential Next Actions

How will you make these a reality?

Notes:



Legal

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