



The **CTRL** Model

Perspective

Assessment

Introduction

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

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Date:

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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...





The **CTRL** Model *Perspective* Assessment for

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 Role of Themes

Self-awareness always shows up in context. How you respond to lateness among friends is not the same as how you handle feedback at work. That's why each situation in this assessment is pre-mapped to themes.

What your themes represent...

Your Notes:



What to look for when...
working with *colleagues*

What to look for when...
working with *a leader*



Tips

Potential Next Actions

How will you make these a reality?

Notes:



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