

The **CTRL** Model

Perspective

Assessment

Introduction

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

Name:

Date:

Contact details:

For questions about this report, requests regarding your data, or permissions, please contact:

Email: theneverendinglearner@gmail.com

LinkedIn: www.linkedin.com/in/theneverendinglearner

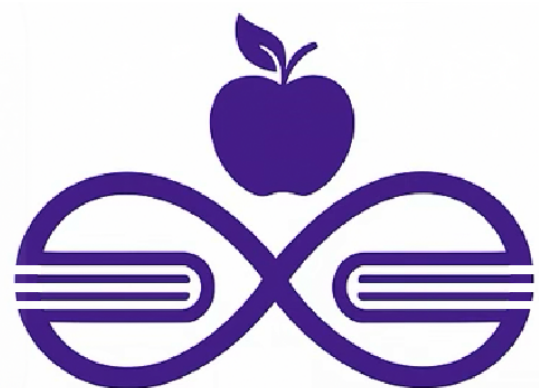




Table of Contents

1.....	Cover Page
2.....	Table of Contents
3.....	Results overview
4.....	Frequency overview (your chart)
5.....	Sequence analysis
6.....	Theme analysis
7.....	What to look for when working with colleagues guidance
8.....	How to work with colleagues - guidance
9.....	What to look for when working with your leader - guidance
10.....	How to work with your leader - guidance
11.....	Tips & Actions
12.....	Legal notices



Your Results: Overview

Your current State is...

Concealed

- Holds back until safe
- Reads the room first
- Keeps doubts private

Triggered

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

Regulated

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

Lead

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

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 Role of Themes

Self-awareness doesn't happen in isolation. It always appears in context. How you respond to lateness among friends isn't the same as how you handle feedback at work.

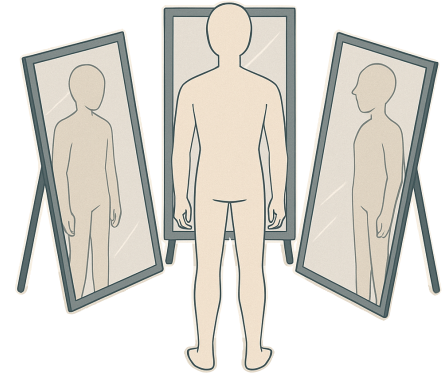
That's why each situation in this assessment is pre-mapped to themes such as **Feedback**, **Emotion Regulation**, or **Social Navigation**.

Your *theme pattern* shows where your awareness naturally rises and where it may dip. Two people can share the same CTRL level, yet differ completely in *which contexts trigger* that awareness.

If each scenario is like a mirror angled toward a different part of you.

The CTRL level shows how clearly you see yourself.

The theme shows which mirror you were looking into.



What your key theme represent...



Interactions with Colleagues

How you relate to others often depends on both your own awareness level and theirs. By understanding how someone typically reacts when operating from their dominant state, you can improve communication, reduce friction, and build more supportive working relationships.

Here's what to look out for when working with colleagues whose dominant state is...

Concealed

Triggered

Regulated

Lead



Adapting Your Approach with Colleagues

Now let's look at how you can adjust how you show up. By adapting to match their awareness style, you can build trust faster, prevent misunderstandings, and encourage more productive collaboration.

Here's how to adapt your own approach when working with colleagues whose dominant state is...

Concealed

Triggered

Regulated

Lead



Interactions with your Boss

How you experience leadership often depends on the balance between your awareness style and theirs. By recognising their patterns, you can anticipate their needs, communicate more effectively, and strengthen mutual trust.

Here's what to look out for when working with leaders whose dominant state is...

Concealed

Triggered

Regulated

Lead



Adopting your Approach to your Boss

Once you recognise your leader's dominant state, you can fine-tune how you communicate and collaborate. Each state values different forms of clarity, pace, and support. By adjusting how you share ideas, give updates, or raise concerns, you can build stronger alignment and earn deeper trust.

Here's how to work more effectively with leaders whose dominant state is...

Concealed

Triggered

Regulated

Lead



Tips:

Potential Next Actions:

Final Thoughts

Self-awareness is not a ladder to climb. It's a compass to orient. The CTRL Model is designed to help you see where you are today, not to judge where you "should" be.

Growth happens through small, genuine steps: noticing patterns, pausing with curiosity, and practising new responses. Every shift, no matter how small, builds your capacity to stay open, present, and connected, with yourself and with others.



Legal

Copyright

© 2025 Toby Newman / The Never-Ending Learner. All rights reserved.

This document and its contents, including but not limited to text, design, charts, and methodology, are protected under copyright law. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the copyright owner, except in the case of brief quotations used in reviews, educational settings, or permitted under applicable copyright law.

All trademarks, service marks, and logos appearing in this document are the property of their respective owners.

Disclaimer

This assessment is intended for personal development and self-reflection only. It is designed as a reflective tool to support learning and growth. It is not a psychological test, diagnostic instrument, or substitute for professional advice. The insights provided are interpretive in nature and should be considered as guidance for reflection rather than definitive conclusions.

GDPR & Data Protection

We are committed to protecting your personal data and ensuring compliance with the General Data Protection Regulation (GDPR).

- Data collected during the assessment is limited to what is necessary for generating this report.
- Your personal data (such as name or responses) will not be shared with third parties without your explicit consent.
- Data is processed securely and retained only for as long as necessary to fulfil the purposes outlined.
- You have the right to request access to, rectification of, or deletion of your data at any time.

By participating in this assessment, you acknowledge and consent to the processing of your data in accordance with these principles.

Limitation of Liability

The creators of this assessment accept no liability for actions taken or decisions made based on the contents of this report. Responsibility for personal or professional outcomes rests with the participant. While every effort has been made to ensure accuracy, completeness, and reliability of the information provided, no warranties, express or implied, are given.