

# 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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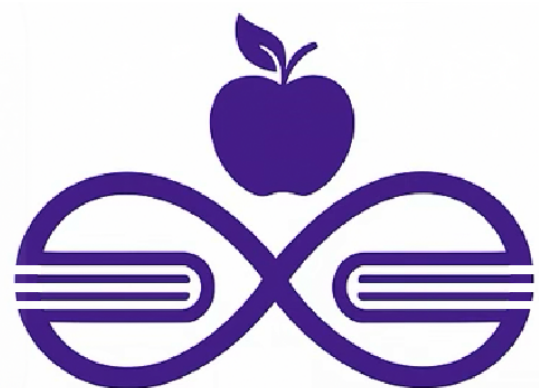
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## **Your Results:** Overview

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 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:





## Interactions within the CTRL Model

### What to look out for when working with *Colleagues*

These are the patterns you're likely to notice when working with colleagues who share your style, and those who don't.

*Concealed*

*Triggered*

*Regulated*

*Lead*



## Interactions within the CTRL Model

### How to work with *Colleagues*

Practical ways to keep things smooth whether you're the same or different.

*Concealed*

*Triggered*

*Regulated*

*Lead*





## Interactions within the CTRL Model

### What to look out for when working with *Leaders*

What you'll often see from leaders who align with your style, and those who prefer a different pace or level of certainty.

*Concealed*

*Triggered*

*Regulated*

*Lead*



# Interactions within the CTRL Model

## How to work with *Leaders*

Simple ways to adapt to each leader.

*Concealed*

*Triggered*

*Regulated*

*Lead*



## Tips:

## Potential Next Actions:

How will you make these a reality?

Notes:



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