



# The **CTRL** Model

## **Proof of Concept**

### Assessment

## Introduction

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

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## Your Clients Results: Overview





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## Frequency Overview

Your chart looks like this...

How this shows up is...





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## Sequence Overview

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



## 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.

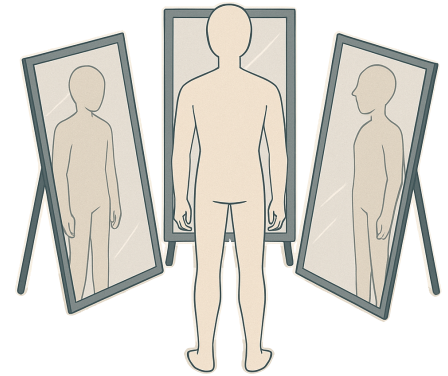
That's why each situation in this assessment is pre-mapped to themes such as **Feedback**, **Emotion Regulation**, or **Social Navigation**.

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...



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# Adapting Your Approach with Colleagues





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## Adopting your Approach to your Boss





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## Tips:

## Potential Next Actions:



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