



The **CTRL** Model

Proof of Concept

Profile

Introduction

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

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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...



The **CTRL** Model *PoC* Profile for

Frequency Overview

Your chart looks like this...

How this shows up is...





The **CTRL** Model PoC Profile for

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.

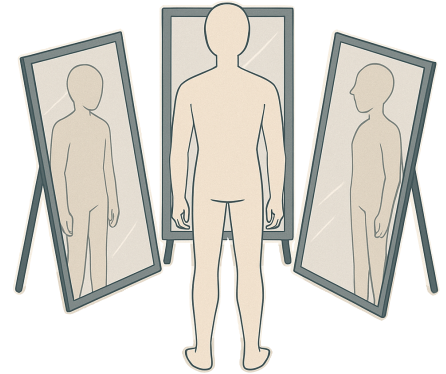
That's why each situation in this assessment is pre-mapped to themes such as **Feedback**, **Emotion Regulation**, or **Social Navigation**.

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.



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