The **CTRL** Model

Proof of Concept

Profile

Introduction

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

Name:

Date:

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Executive Overview

Your Dominant State is…

Concealed	**Triggered**	**Regulated**	**Lead**
Stays guarded until it feels safe to step forward.	Reacts fast and wears emotions on its sleeve.	Keeps steady, balanced and open even under pressure.	Reads the room effortlessly and steadies others with calm.

But doesn't tell the whole story…
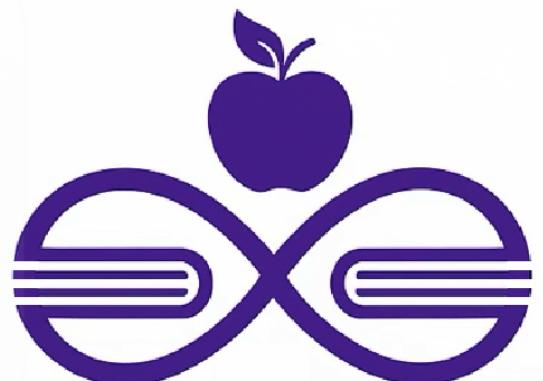
CTRL Deep-dive

Frequency Overview

Your chart looks like this...

How this shows up is...

Sequence Overview

Analysing your behaviour maturity...

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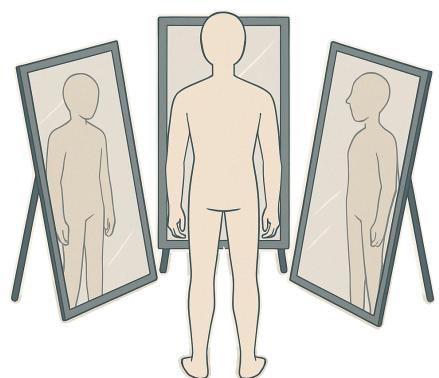
Your *theme pattern* shows where your awareness naturally rises and where it may dip. Two people can share the same CTRL level, yet differ completely in *which contexts trigger* that awareness.

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 others

People are wonderfully complex... and our brains love to simplify that complexity. It's completely human to put behaviours into mental buckets so we can understand them more quickly. The trouble only starts when those buckets harden into stereotypes. In CTRL, states describe a **temporary pattern someone might be in**, not who they "are".

Use the notes below as gentle lenses, not labels. They're simply clues that help you navigate conversations, reduce friction, and support healthier collaboration.

Here's what to pay attention to when someone is showing patterns that resemble...

Concealed

Triggered

Regulated

Lead

Actions

It can easily feel that all this information is over-whelming and if there are 'too many' things to action, you end up not doing anything!
So let me make things a bit easier for you and, based on your profile, suggest 2 key next steps...

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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