



# The **CTRL** Model

## **Proof of Concept**

### Profile

## **Introduction**

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

This profile belongs to:

Note that whilst I do recommend to share this profile, please do so within a psychologically safe / trusted environment.

Date of completion:

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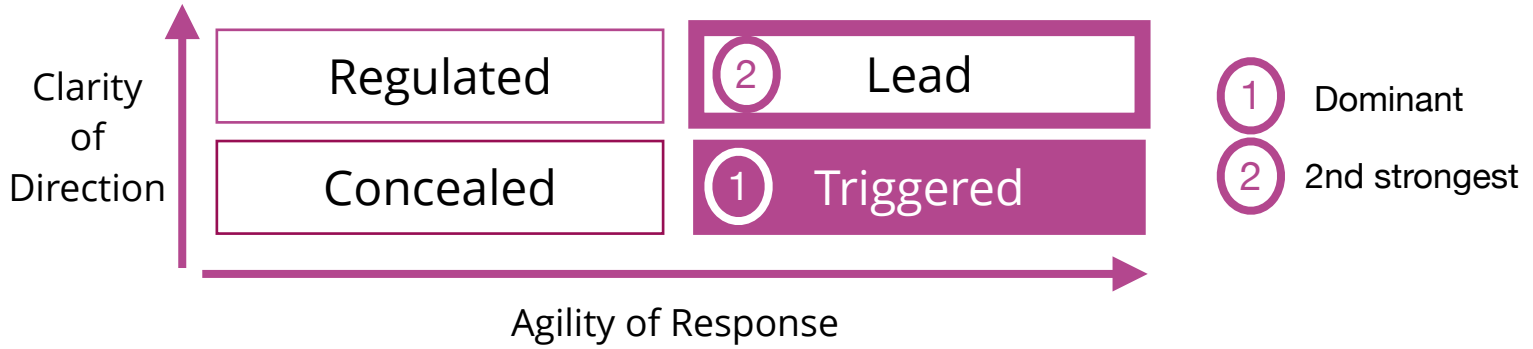
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The **CTRL** Model *PoC* Profile for

## Your Results: Executive Overview





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# CTRL Deep-dive



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## Frequency Overview





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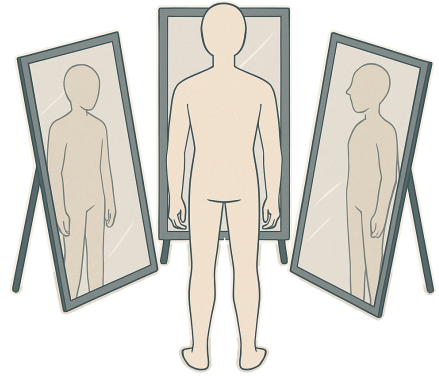
# Sequence Overview



## The Role of Themes

Self-awareness doesn't happen in isolation. It always appears in context.

The CTRL level shows how clearly you see yourself. The theme shows which mirror you were looking into.





## Interactions with Others

How you relate to others often depends on both your own awareness level and theirs. By understanding how someone typically reacts you can improve relationships.

Here's what to look out for when others show behaviours associated with...

*Concealed*

*Triggered*

*Regulated*

*Lead*





## Actions

From here, it is less about changing who you are and more about making small, intentional shifts in how you show up in everyday moments, be it in meetings, in conversations, and especially when things feel pressured or emotional.

It can be easy for all of this to feel overwhelming. Typically when there are too many things to act on, *nothing gets acted on!* The ideas below are not targets or fixes, but simple invitations to notice what is happening and try slightly different responses, in ways that fit naturally into your day.



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