

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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The **CTRL** Model PoC Profile for

Your Results: Executive Overview

Your Dominant State (and secondary state) is...



Concealed

Stays guarded until it feels safe to step forward.

Triggered

Reacts fast and wears emotions on its sleeve.

Regulated

Keeps steady, balanced and open even under pressure.

Lead

Reads the room effortlessly and steadies others with calm.

But doesn't tell the whole story...



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CTRL Deep-dive



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Frequency Overview

Your chart looks like this...

How this shows up is...



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Sequence Overview

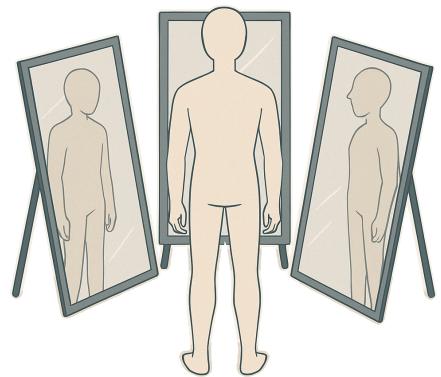
What the way you responded to each situation means...



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.**

- 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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Interactions with Colleagues

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 working with colleagues whose dominant state is...

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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