



# 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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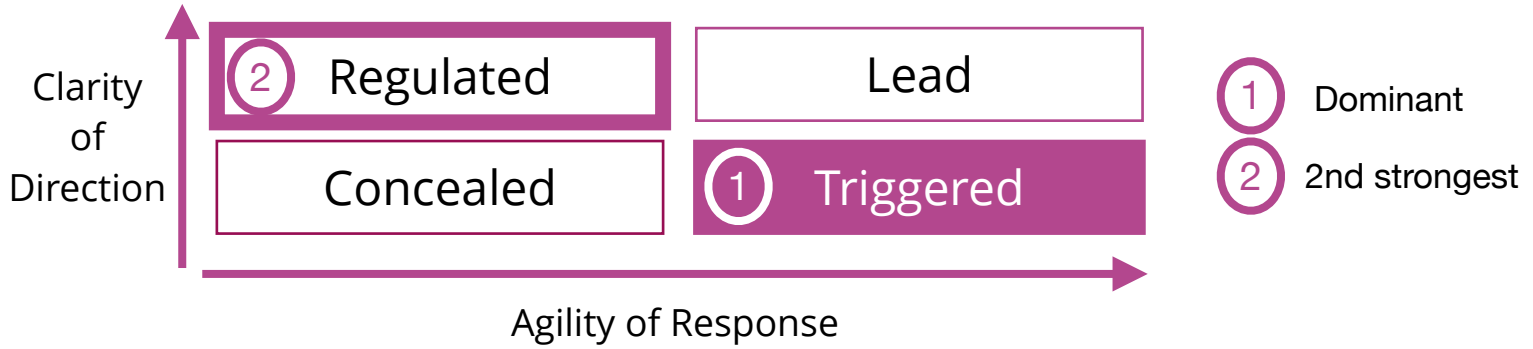
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## Your Results: Executive Overview





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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*





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## 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 some key next steps...



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