

# The **CTRL** Model

## **Proof of Concept**

### 180° Report

## **Introduction**

This report is intended as a coaching aid — a shared reference point to explore awareness patterns, developmental edges, and next steps without judgement.

This report belongs to:

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

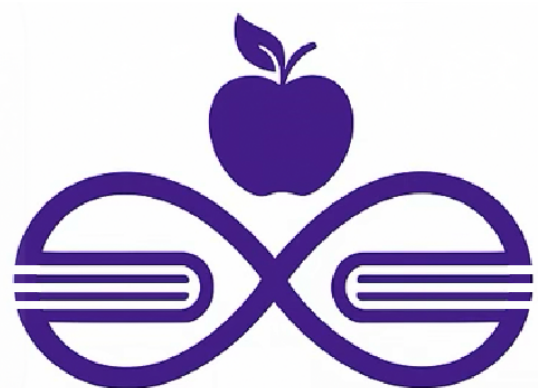
Date of completion:

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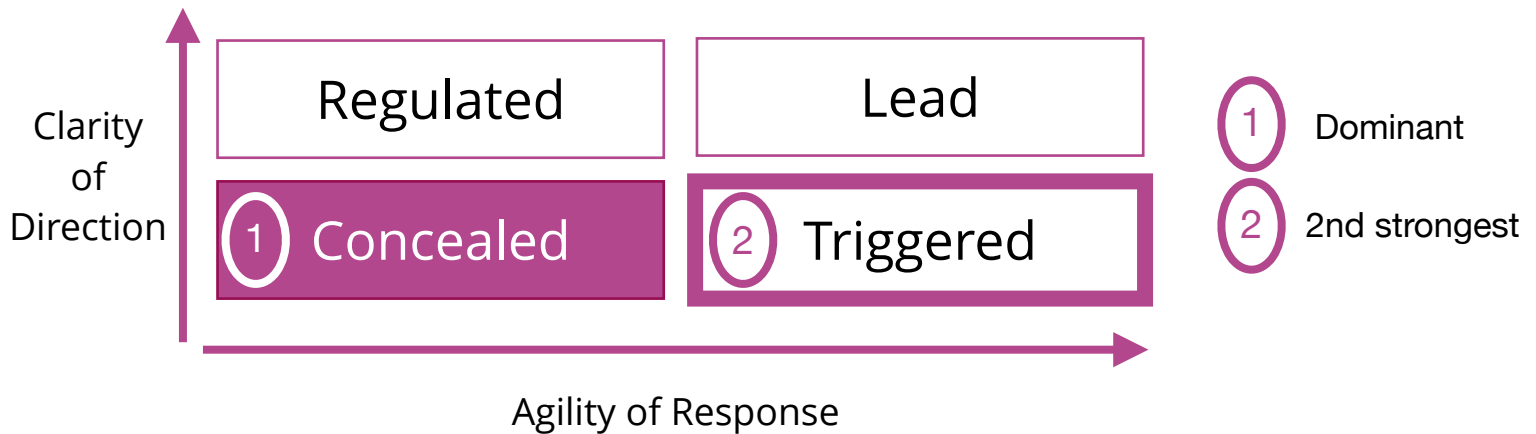
## Table of Contents

1.....	Cover Page
2.....	Table of Contents
3.....	Executive Summary
4.....	CTRL Overview
5.....	CTRL Deep-dive
6.....	Collaboration insights
7.....	Actions
8.....	Legal notices



## Your Results: Executive Overview

Remember your Dominant / 2nd State is:



Now let's see where there are potential shifts:



The **CTRL** Model *PoC* 180° Report for

## CTRL Overview

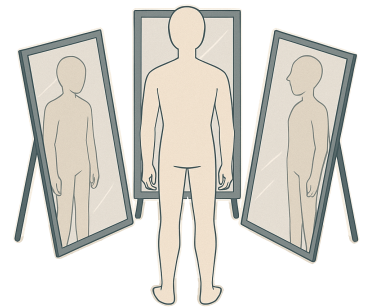
Remember your **CTRL** Chart is:



# CTRL Deep-dive

## Theme Overview

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

This section explores how your new insights can help you adjust how you show up with colleagues and leaders, so your intent has a better chance of landing as you expect.

*With Colleagues...*

*With Leader...*



## 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.



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