

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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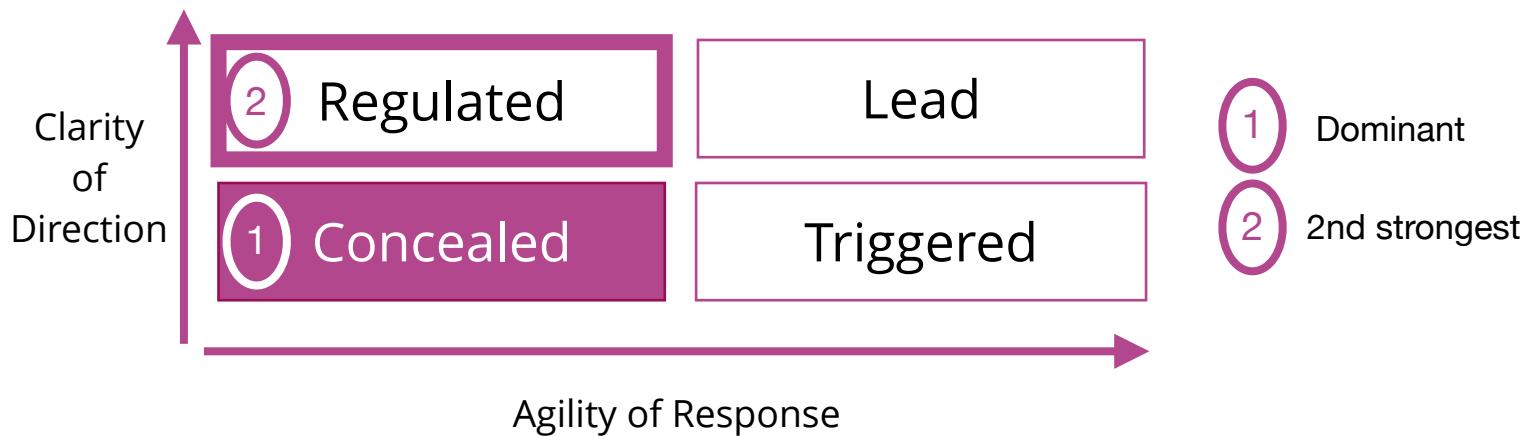
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Your Results: Executive Overview

Remember your Dominant / 2nd State is:



Now let's see where there are potential shifts:



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CTRL Overview

Remember your **CTRL** Chart is:

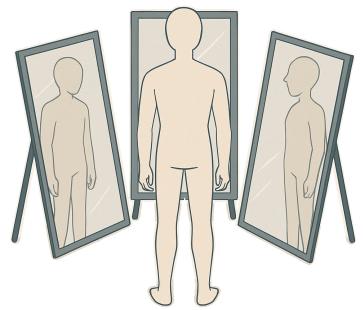


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CTRL Deep-dive

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.





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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.

Three large, empty, rounded rectangular boxes outlined in purple, arranged vertically with a slight offset. Each box has a small, stylized purple arrow pointing towards its right edge.



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