

**MAC MODULE 6:  
SKILL CONSOLIDATION  
& POISE**



**THE ACTOR'S DOJO**

# PRECAP

1. Brief Centring Exercise
2. Learnings
3. Module 5 review
4. Poise



**THE ACTOR'S DOJO**

# BRIEF CENTRING EXERCISE



**THE ACTOR'S DOJO**

# LEARNINGS



**THE ACTOR'S DOJO**

# MODULE 5 REVIEW

- Commitment = “When one regularly and consistently demonstrates the specific behaviors and activities that are likely to directly result in optimal performance”

(Gardner & Moore, 2007, pg. 145)



**THE ACTOR'S DOJO**

# MODULE 5 REVIEW

Motivation:

- *A desire* to do
- Common

Commitment:

- *Actually doing*
- Rare



**THE ACTOR'S DOJO**

# POISE

- Poise = “The capacity to act in one’s own best interest and function in the service of performance values *regardless* of thoughts and emotions”

(Gardner & Moore, 2007, pg. 159)



**THE ACTOR'S DOJO**

# POISE

- Not discomfort for the sake of discomfort
- Performance = Attention + Poise



**THE ACTOR'S DOJO**



# POISE

- An important \*



**THE ACTOR'S DOJO**

# RELEVANT MINDFUL ACTIVITY



**THE ACTOR'S DOJO**





# RECAP

1. Brief Centring Exercise
2. Learnings
3. Module 5 review
4. Poise



**THE ACTOR'S DOJO**

# BETWEEN-SESSIONS

-  Brief Centring Exercise
-  Relevant Mindful Activity
-  Performance Rating worksheet
-  Journal prompts

[dojoactors.com/mac-protocol](https://dojoactors.com/mac-protocol)



**THE ACTOR'S DOJO**