

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



**THE ACTOR'S DOJO**

# PRECAP

1. Brief Centring Exercise
2. Learnings
3. Module 5 review
4. Poise
5. Task-Focused Attention exercise



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# BRIEF CENTRING EXERCISE



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# LEARNINGS



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# 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)



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# MODULE 5 REVIEW

Motivation:

- *A desire* to do
- Common

Commitment:

- *Actually doing*
- Rare



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# 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)



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# POISE

- Not discomfort for the sake of discomfort



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# POISE

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



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# POISE

- An important \*



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# TASK-FOCUSED ATTENTION



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# TASK-FOCUSED ATTENTION

- Purpose:
  1. Strengthen ability to shift from self- to task-focus
  2. Practice task-focus under stress



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# RECAP

1. Brief Centring Exercise
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# BETWEEN-SESSIONS

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

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