

# **MAC MODULE 7: MAINTAINING AND ENHANCING**



**THE ACTOR'S DOJO**

# PRECAP

1. Brief Centring Exercise
2. Learnings
3. Module 6 review
4. MAC review
5. Plan for future practice



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# BRIEF CENTRING EXERCISE



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# LEARNINGS



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# MODULE 6 REVIEW

- 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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# MODULE 6 REVIEW

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



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# MAC REVIEW

- $\uparrow$  Performance =  $\uparrow$  Attention +  $\uparrow$  Poise



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# MAC REVIEW

- $\uparrow$  Performance =  $\uparrow$  Attention +  $\uparrow$  Poise
- $\uparrow$  Attention via mindfulness and acceptance
- $\uparrow$  Poise via values-identification and commitment



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# MAC REVIEW

- Practice of “behavior change and not thinking or feeling change”

(Gardner & Moore, 2007, pg. 239)



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# MAC REVIEW

- “Emotions ... and thoughts, no matter how real they may seem ... do not directly cause behavior that interferes with optimal functioning. Rather, ... it is how individuals respond to their emotions and thoughts that determines performance outcomes”

(Gardner & Moore, 2007, pg. 250)



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# MAC REVIEW

- What's one values-aligned action / behaviour you're proud of having committing to?



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# PLAN FOR FUTURE PRACTICE

- You now have a unique advantage



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# PLAN FOR FUTURE PRACTICE

- You now have a unique advantage
- Ongoing training required to maintain and enhance



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# PLAN FOR FUTURE PRACTICE

 Committing to Performance Values worksheet

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



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# PLAN FOR FUTURE PRACTICE

- “Optimal performance and optimal personal well-being go hand in hand”
- MAC skill set can apply to person *and* performer

(Gardner & Moore, 2007, pg. 184)



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# RECAP

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