

# **MAC MODULE 1: PSYCHOEDUCATION**



**THE ACTOR'S DOJO**

# PRECAP

1. Rationale
2. Self-regulation
3. Performance & you
4. Goals
5. Brief Centring Exercise



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# RATIONALE

- Peak performance = “enhanced regulation of attention and poise”

(Gardner & Moore, 2007, pg. 67)



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# RATIONALE

- Attention = “the capacity to pay attention to task-relevant information as needed”
- Poise = “the ability to act in the service of values and goals despite negative internal states”

(Gardner & Moore, 2007, pg. 67)



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# RATIONALE

- Attention = the ability to focus on what matters
- Poise = the ability to act on what matters

*^ Even in the presence of thoughts / feelings*

(Gardner & Moore, 2007, pg. 67)



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# RATIONALE

“High performing individuals perform well *and* have difficult internal experiences.”

(Gardner & Moore, 2007, pg. 68)



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# SELF-REGULATION

- Self-regulation is the secret sauce
- MAC = *accepting not controlling*



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# SELF-REGULATION

*Accepting* promotes:

- Quieter mind
- Task-focus
- Flow

*Controlling* promotes:

- Louder mind
- Self-focus
- Force



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# PERFORMANCE & YOU

 Performance Rating worksheet

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



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# GOALS

- Enhance performance



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# GOALS

- Enhance performance
- (Enhance well-being)



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# GOALS

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



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# GOALS

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



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# GOALS

- Ultimately, learning to perform well *even with* the presence of difficult internal states



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# GOALS

“The struggle to be without distress is the problem, not the presence of these thoughts and feelings.”

(Gardner & Moore, 2007, pg. 73)



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# BRIEF CENTRING EXERCISE



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# RECAP

1. Rationale
2. Self-regulation
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5. Brief Centring Exercise



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# BETWEEN-SESSIONS

 [The Dojo's \(Working\) Model of Peak Performance](#)

 Brief Centring Exercise

 Journal prompts

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



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