

MAC MODULE 5: ENHANCING COMMITMENT



THE ACTOR'S DOJO

PRECAP

1. Learnings
2. Module 4 review
3. Commitment
4. Brief Centring Exercise



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LEARNINGS



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MODULE 4 REVIEW

- Acceptance = “A willingness to experience sometimes painful emotions in the service of pursuing performance-related values that are personally meaningful”

(Gardner & Moore, 2007, pg. 126)



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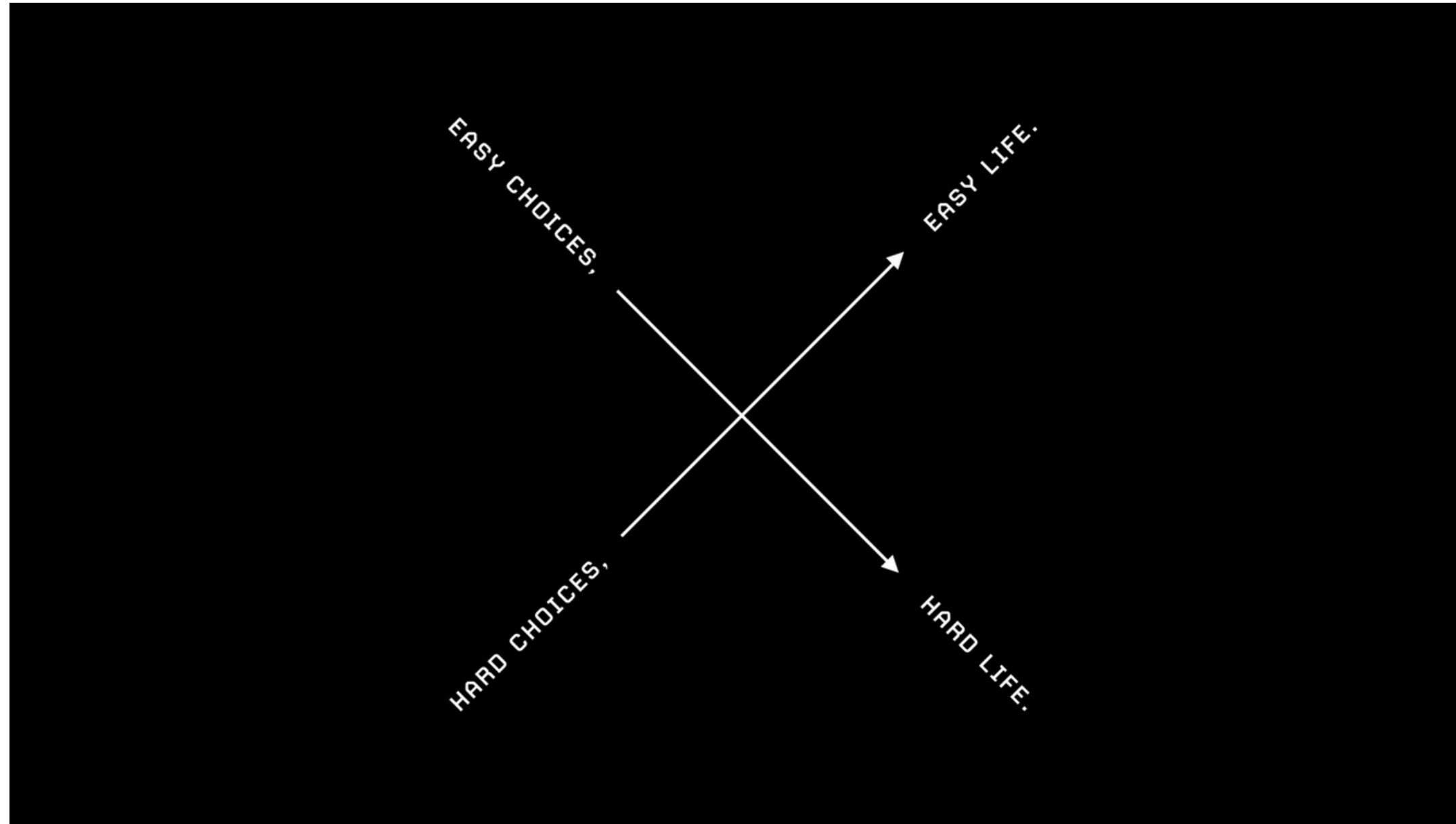
MODULE 4 REVIEW

- Avoidance = An *unwillingness* to occasionally experience painful emotions, costing us the pursuit of personally meaningful performance values



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MODULE 4 REVIEW



(Jerzy Gregorek, n.d.)



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COMMITMENT

- 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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COMMITMENT

Motivation:

- *A desire* to do
- Common

Commitment:

- *Actually doing*
- Rare



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COMMITMENT

 Committing to Performance Values worksheet

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RECAP

1. Learnings
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BETWEEN-SESSIONS

-  Brief Centring Exercise
-  Relevant Mindful Activity
-  Journal prompts

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BRIEF CENTRING EXERCISE



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