

# ACTEUR.STUDIO MASTERCLASS GUIDE

A 10-step odyssey to reprogram your subconscious  
and become the actor you truly are

By Philiboss - Founder of Acteur.Studio

Bilingual online acting school based in Provence, France

# WELCOME TO THE ACTEUR.STUDIO MASTERCLASS

This guide presents the complete program of the Acteur.Studio Masterclass, a unique training that combines the Stanislavski method with 100 years of modern psychology to transform you profoundly as an actor.

The Masterclass unfolds as an epic journey in **10 FUNDAMENTAL STEPS**, each taking you further into the discovery of your authentic creative potential.

## WHAT IS THE ACTEUR.STUDIO MASTERCLASS?

The Acteur.Studio Masterclass is a revolutionary acting training program that teaches you to:

- Access your deep unconscious
- Reprogram your limiting mental patterns
- Create authentic and living characters
- Improvise with genius and spontaneity
- Free yourself from your creative blocks

This method is based on the latest scientific advances in psychology (Carl Jung, Eric Berne, Milton Erickson, Jean Piaget) and proven theatrical techniques (Constantin Stanislavski, Mikhail Chekhov, Lee Strasberg).

## HOW DOES THE MASTERCLASS WORK?

The Masterclass presents itself as an **INITIATORY JOURNEY** in 10 progressive steps.

Each step includes:

- A theoretical phase explaining psychological concepts
- Guided practical exercises
- Work on your intimate dramaturgy
- Spaces to note your personal reflections

# THE 10 FUNDAMENTAL STEPS

## STEP 1: THE INNER JOURNEY

### OBJECTIVE

Create powerful emotional connections between you and your character

### YOU WILL LEARN TO:

- Choose a monologue or scene that resonates with you
- Create your own personal dramatic scenario
- Establish the emotional mirror with your character
- Explore your intimate dramaturgy

### KEY EXERCISES: 24 practical exercises

### EXPECTED RESULT

You will develop heightened sensitivity and the ability to react on stage with authenticity, drawing from your own emotions to fuel your performance.

## **STEP 2: OBSESSIVE TORMENTS**

### **OBJECTIVE**

Identify and express your deep feelings through the prism of your character

### **YOU WILL LEARN TO:**

- Identify your personal obsessive torments
- Use creative soul wandering
- Transform your blocks into scenic energy
- Work with your tics and resistances

### **KEY EXERCISES: 23 practical exercises**

### **EXPECTED RESULT**

You will learn to identify and overcome your emotional blocks, anchor your performance in the concrete, and express your torments authentically on stage.

# STEP 3: THE AWAKENING OF CONSCIOUSNESS

## OBJECTIVE

Become aware of your irrepressible impulses and learn to channel them

## YOU WILL LEARN TO:

- Recognize your impulses and their physical manifestation
- Self-critique your behavior (positive/negative points)
- Reduce your excesses through personal reflection
- Soften your performance at your convenience

## KEY EXERCISES: 22 practical exercises

## EXPECTED RESULT

You will recognize and accept your irrepressible impulses, work on their bodily and vocal expression, to fuel your performance with raw and authentic energy.

# STEP 4: THE CHILDLIKE STATE OF MIND

## OBJECTIVE

Master your ego states through Eric Berne's Transactional Analysis

## YOU WILL LEARN TO:

- Identify the 3 ego states: Parent, Adult, Child
- Navigate between these states to manage your emotions
- Bring to light the inner child sleeping within you
- Use these states to enrich your character

## KEY EXERCISES: 32 practical exercises

## EXPECTED RESULT

You will navigate easily between different ego states (Parent, Adult, Child) to better manage your emotions and enrich your interpretation palette.

# STEP 5: PERSONAL CHARACTER

## OBJECTIVE

Align your moral values with those of your character

## YOU WILL LEARN TO:

- Identify your personal moral values
- Reflect on your character's dilemmas
- Resolve conflicts between your values and those of the role
- Create staging appropriate to your personality

## KEY EXERCISES: 24 practical exercises

## EXPECTED RESULT

You will reflect deeply on your identity and the dilemmas encountered, then solve these problems through staging in harmony with your own personality.

# STEP 6: MORAL CONVICTIONS

## OBJECTIVE

Question your false beliefs and resolve your internal dilemmas

## YOU WILL LEARN TO:

- Identify your limiting false beliefs
- Experiment with various ways of performing on stage
- Enrich your performance by exploring several options
- Satisfy your moral convictions in your interpretation

## KEY EXERCISES: 33 practical exercises

## EXPECTED RESULT

You will confront your beliefs with those of the character, analyze dilemmas in depth, and experiment with different ways of approaching internal conflicts.

# STEP 7: THE MIRROR OF THE SOUL

## OBJECTIVE

Discover your personal identity through your contradictory messages

## YOU WILL LEARN TO:

- Explore your internal contradictions
- Use the imaginary mirror as an introspection tool
- Identify your recurring weaknesses and errors
- Bring forth an authentic scenic identity

## KEY EXERCISES: 11 practical exercises

## EXPECTED RESULT

You will explore your own contradictions and internal messages, look into an imaginary mirror, and bring forth a profoundly authentic scenic identity.

# STEP 8: THE DICTATES OF THE UNCONSCIOUS

## OBJECTIVE

Analyze your unconscious reactions and external influences on your behavior

## YOU WILL LEARN TO:

- Identify your missed gestures in hindsight
- Understand the influence of the unconscious on your performance
- Use the chess game as a metaphor
- Analyze unconscious influences

## KEY EXERCISES: 9 practical exercises

## EXPECTED RESULT

You will experiment with different techniques to reveal your deep impulses and analyze the unconscious influences that guide your behavior.

# STEP 9: THE DYNAMIC SCENARIO

## OBJECTIVE

Create a performance scenario in accordance with your personal motive

## YOU WILL LEARN TO:

- Identify the actor's motive
- Create a dynamic scenario adapted to your personality
- Adapt your interpretation according to this new scenario
- Free your Self through theatrical improvisation

## KEY EXERCISES: 12 practical exercises

## EXPECTED RESULT

You will compose a dynamic performance scenario in perfect harmony with your personality and motive, alternating improvisation, adaptation and situation analysis.

# STEP 10: GENIUS IMPROVISATION

## OBJECTIVE

Master the art of spontaneous improvisation guided by your reprogrammed unconscious

## YOU WILL LEARN TO:

- Develop your ability to improvise with unexpected elements
- Maintain your character's coherence
- Favor your intuition over your reflection
- Confirm your success: you have reprogrammed your unconscious!

## KEY EXERCISES: 17 practical exercises

## EXPECTED RESULT

You will develop an exceptional ability to improvise by integrating unexpected elements, while maintaining your personal coherence.

# YOUR PROGRESSION IN THE MASTERCLASS

The Masterclass follows a **CUMULATIVE PROGRESSION**:

## **STEPS 1-3: FOUNDATION**

You establish the basics: emotional connection, identification of blocks, awareness of impulses

## **STEPS 4-6: MASTERY**

You develop control: ego state management, value alignment, dilemma resolution

## **STEPS 7-8: DISCOVERY**

You explore in depth: personal identity, unconscious influences

## **STEPS 9-10: LIBERATION**

You achieve mastery: creation of a personal scenario, genius and spontaneous improvisation

## WHY THIS MASTERCLASS IS UNIQUE

### WHAT THIS MASTERCLASS IS NOT:

- A simple course in theatrical techniques
- A method to copy great actors
- Superficial tricks and tips
- A quick 2-week training

### WHAT THIS MASTERCLASS TRULY IS:

- A journey of deep personal transformation
- A scientific reprogramming of your unconscious
- A method to become fully yourself on stage
- A path that requires time, patience and commitment

## PHILIBOSS'S ADVICE

*After 37 years of teaching, here's what I've learned:*

1. **Time is your ally** - This transformation takes time. Don't look for shortcuts.
2. **Honesty with yourself is essential** - You must be ready to explore your shadow zones.
3. **Each actor is unique** - There is no single right way to perform. Find YOUR authentic way.
4. **The unconscious is your best ally** - Once properly reprogrammed, it becomes your source of creativity.
5. **Science doesn't take away from magic** - Understanding the psychology behind performance doesn't kill art.

*Have a great journey on this odyssey!*

*— Philiboss, Founder of Acteur.Studio  
'Stop the hassles. Laugh!'*

## TO GO FURTHER: THE BOOK

This Masterclass guide gives you an **OVERVIEW** of the program.

To deepen each step with the complete narrative, detailed explanations, all exercises with note spaces, and concrete examples:

### THE ACTOR'S ODYSSEY By Philiboss (Edward Chieftain)

Available on Amazon in paperback and Kindle

This 140+ page book is the **COMPLETE MANUAL** that accompanies the Acteur.Studio Masterclass.

# READY TO BEGIN YOUR ODYSSEY?

The Acteur.Studio Masterclass will transform you profoundly.

You will not simply become a better actor.

You will become YOURSELF, fully realized, authentically expressed, brilliantly improvised.

*The greatest role you will ever play is yourself.*

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Founded by Philiboss - Based in Provence, France  
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