

The JJC Framework

How the work connects — craft, self, and life as one integrated practice.

Acting is not a skill you learn once and then apply. It is a living practice that grows, deepens, and changes as you grow, deepen, and change. The work in the room is inseparable from the work on yourself — and the work on yourself is inseparable from the work you bring to every role, every audition, every set.

JenJarackas Coaching is built on a framework that holds three interconnected dimensions of an actor's life. When all three are tended to, the work becomes what it is meant to be — alive, specific, and true.

THE CRAFT

The technical and artistic foundation

The craft is never technique for technique's sake. Every tool serves one purpose: to help you get out of your own way and let the truth shine through.

The craft work at **JenJarackas Coaching** includes:

- **The CRAFT TOOL Approach™** — JJ's proprietary methodology for script exploration and character development
- **Beyond the Script Technique™** — JJ's exclusive means to moving past the words into living the story
- **Meisner Technique** — living the Truth of the Truth, from moment-to-moment with the "other", while engaging an actor's 'secondary' tools - imagination & observation
- **Character Development** — deep excavation of character through self & character exploration
- **Body & Voice work** — freeing the physical and sonic instrument
- Cold read technique, audition preparation, self-tapes, Zoom and on-camera work

The craft is what you bring to the material. The material is what reveals the craft. They are in constant conversation.

THE SELF

The instrument — you

The self is the instrument. Not the character — you. Your body, your voice, your feelings, your history, your blocks, your gifts, your fears, your freedom. The more access you have to yourself, the more truthfully you are able to live the truth of any character.

The self-work at **JenJarackas Coaching** includes:

- **Self & Spirit Care Tools™** — daily practices that keep the instrument alive and available
- **Pen-to-Paper Purging™** — honest self-observation through writing

- **Emotional Freedom work** — accessing, expressing, and releasing emotion freely
- **Releasing inner blocks** — transforming what is getting in the way — the practice of moving through resistance and surrendering to vulnerability

“THEY ARE LOOKING FOR THE TRUTH OF YOU — the TRUTH of your TRUTH, not your conditioned ‘Mask Truth’. And that requires vulnerability and the willingness to do the inner work.” — JJ

THE LIFE

Everything outside the ‘room’

The life is everything outside the room. Your relationships, your choices, your habits, your emotional patterns, your daily practices, your professional conduct, your ethics, your integrity. None of it is separate from the work. All of it shows up in the work you bring to the screen and on stage.

The life-work at **JenJarackas Coaching** includes:

- Self-care as a professional discipline — not optional, essential
- Healthy communication — on set, with colleagues, with representation
- On-set professionalism and conduct — understanding the world withing which you work & create
- Business acumen — knowing who you are, what you want, and how to pursue it
- Constructive manifestation — aligning goals with values and intentional action

Where you are blocked in your life will reflect as blocks in your work. Where you are free in your life — honest, present, and fully yourself — the work will in turn reflect that freedom.

How It All Connects

The three dimensions are not separate tracks. They are one integrated practice. A breakthrough in self-care opens something in the emotional life. A breakthrough in the emotional life opens something in the craft. A breakthrough in the craft gives you the courage to make changes in the life. And so it continues — deepening, expanding, becoming more fully you.

If you want to go deeper in the CRAFT — work on the SELF.

If you want to go deeper in the SELF — tend to the LIFE.

If you want to go deeper in the LIFE — bring it back to the CRAFT.

This Is the Work.

Not technique for technique’s sake. Not performance for performance’s sake. The real work — of becoming the most authentic, powerful, truthful version of yourself. That is what **JenJarackas Coaching** is built to do.

This isn’t technique for technique’s sake. This is transformation. Be the edge. Be you. Be.