



3 PoP Studio Advanced Programme - Course Curriculum

Welcome to the **3 Pillars of Performance (3 PoP) Professional Acting Programme**—a comprehensive, **career-focused training experience designed for actors** who want to refine their craft, develop their personal brand, and step into the industry with confidence.

This programme is structured over **9 months of intensive actor training**, followed by **3 months of guided mentorship and industry support** to ensure you transition smoothly into the professional landscape. Includes free access to any face to face scene workshops - run in Sydney, Melbourne, Tamworth and Brisbane and access to all 3 PoP Online 8 week sessions.

What You'll Gain:

- ✓ Mastery over performance techniques with physical, emotional, and intellectual depth.
- ✓ A polished industry-ready portfolio, including self-tapes, headshots, and scene work.
- ✓ Scriptwriting and producing skills to create your own work and stand out in the industry.
- ✓ High-level networking and branding strategies to establish yourself as a professional.
- ✓ One-on-one career coaching to guide your next steps and long-term success.

Your 9-Month Acting Journey (and beyond)

Each month, you will develop essential acting techniques, self-taping mastery, performance psychology, and personal branding. You will also collaborate with filmmakers, attend industry guest mentor sessions, and refine your craft through consistent performance review and feedback.

Bonus 3 months of career planning and industry insights

Work-life balance: Group classes are taught over zoom on various evenings each week and 1:1 sessions are booked to work with your schedule.

Lifetime access to 3 PoP Studio Community including 3 PoP Filmmakers Academy.

Month	Focus Area	Core Learning Outcomes	Key Exercises & Assignments
Month 1	Mastering 3 PoP & Foundations	<ul style="list-style-type: none"> • Understand Physicality, Emotionality, and Intelligence • Develop on-camera confidence • Learn fundamental self-taping & script analysis 	<ul style="list-style-type: none"> • Self-tape submission • Script analysis workbook
Month 2	Emotional Authenticity & Advanced Scene Work	<ul style="list-style-type: none"> • Deepen emotional connection in performances • Learn emotional recall techniques • Strengthen text analysis and scene work 	<ul style="list-style-type: none"> • Emotionally grounded monologue performance • Scene study with peer feedback • Self-tape submission
Month 3	Physicality & Character Development	<ul style="list-style-type: none"> • Explore advanced, movement, vocal and emotional techniques • Use physicality to define character • Improve embodiment techniques for the screen 	<ul style="list-style-type: none"> • Self-tape focusing on character movement • Physical character study
Month 4	Audition Mastery & Cold Reading	<ul style="list-style-type: none"> • Develop audition confidence & cold reading skills • Master improvisation & scene adaptability • Strengthen memorization strategies 	<ul style="list-style-type: none"> • Cold reading audition exercise • Improvised scene showcase
Month 5	Voice Mastery & Character Psychology	<ul style="list-style-type: none"> • Expand vocal range, clarity, and resonance • Master breath control & diction • Develop voice modulation for screen acting 	<ul style="list-style-type: none"> • Diction and accent monologue • Voice modulation self-tape

Month 6	Self-Tape Mastery & Personal Brand Development	<ul style="list-style-type: none"> • Advanced self-tape and showreel lighting, sound, and composition • Develop an authentic on-camera presence • Begin building personal branding strategy 	<ul style="list-style-type: none"> • Shoot your own sizzle reel scene • Branding and marketing session
Month 7	Scriptwriting, Producing & Content Creation	<ul style="list-style-type: none"> • Learn fundamentals of screenwriting • Develop story structure and character arcs • Gain introductory filmmaking & producing skills 	<ul style="list-style-type: none"> • Write and perform a self-written monologue • Introduction to producing workshop
Month 8	Industry Networking & Leadership	<ul style="list-style-type: none"> • Understand networking & professionalism in the industry • Strengthen public speaking & leadership • Build industry representation materials 	<ul style="list-style-type: none"> • Networking challenge • Personal branding content development • Self-Tape based on personal branding
Month 9	On-Set Performance & Career Strategy	<ul style="list-style-type: none"> • Apply on-set etiquette & blocking techniques • Learn continuity and multi-camera performance • Develop a career roadmap and personal goals 	<ul style="list-style-type: none"> • Produce your own sizzle reel scene • Career development planning
Month 10	Agent Outreach, Relationship Building & Self-Tape Refinement	<ul style="list-style-type: none"> • Learn how to submit materials to talent agents • Develop a high-impact self-tape for industry use • Build confidence in agent meetings 	<ul style="list-style-type: none"> • Agent submission package/update • Advanced industry connections - groundwork for the future
Month 11	Career Coaching & Personal Strategy	<ul style="list-style-type: none"> • Work one-on-one with a career mentor • Fine-tune career plans and industry approach • Receive tailored script 	<ul style="list-style-type: none"> • Career development coaching session • Portfolio and website/content/branding review

		breakdown coaching	
Month 12	Next Steps & 5 year planning/refinement	<ul style="list-style-type: none"> • Attend an industry Q&A and networking event with 3 PoP Studio Filmmakers Academy • Prepare career strategy beyond the course 	<ul style="list-style-type: none"> • Final showcase event • Q&A panel with producers and filmmakers

By the end of this programme, you will have:

- ✓ A fully developed professional acting portfolio including headshots, sizzle reel, and self-tapes.
- ✓ Mastered self-tape and audition techniques to confidently approach casting opportunities.
- ✓ Clear 5-year career strategy for securing industry work and representation.
- ✓ Industry-level performance skills applicable to film, television, and theatre.
- ✓ Established connections with key industry professionals (agents, directors, casting professionals).
- ✓ Filmmaking and screenwriting skills to create your own opportunities and have the connections to do so.
- ✓ A strong personal brand and marketing presence to stand out in a competitive industry.
- ✓ Leadership and communication strategies to establish a commanding presence.
- ✓ Personalised career mentorship to guide your journey beyond training.
- ✓ Be ready to launch independent projects with genuine commercial prospects (short films, series, and feature development).

Course Fees & How to Enrol

Total Tuition: \$6,500 - payment plans available (4*\$1700)

Limited Spots Available!

Confirm your place here:

[Full Payment](#)

[Payment Plan](#)

This course is designed for actors who are ready to take their careers to the next level. Secure an agent, master on-camera performance, and create your own work, with a programme that gives you the tools, training, and industry connections to make it happen.