

Session 2 CALM

MY GOAL FOR YOU
IS GROWTH, SAFETY,
AND HAPPINESS
STAY CLOSE TO ME
LOOK TO ME
AND I WILL LEAD YOU

Teaching New Skills

1 GUIDE
SHOW THEM WHAT TO DO

LURE - (FOOD)
LEASH - (ATLAS WINGS)
HAND MOTIONS
TOUCH & DIRECT WITH BODY

3 REWARD
RIGHT AFTER YOU MARK

TREATS
PRAISE
FUSS
TOY

2 VERBAL MARK
THE EXACT MOMENT

“YES” PERFECT & BREAK
“NOPE” KEEP TRYING
“GOOD” KEEP DOING IT

4 CUE
ADDING THE WORD
TO THE ACTION

“SIT” - “STAY” - “DOWN”

ADD AFTER 10 CORRECT ACTIONS

Mastering The Skills

WORK DAILEY: 1-2 TIMES A DAY - START 5-10 MIN

REMINDER: IT TAKES AROUND 100 REPS FOR A DOG TO LEARN A NEW SKILL

DURATION

BUILD TIME
30 SECONDS - MINUTES

DISTANCE

BUILD
1 STEP - FEET

DISTRACTION

INDOORS - YARD
PUBLIC



Changing Unwanted Behaviors

INTERRUPT THE BEHAVIOR

WORDS - “UH-UH” OR “NOPE”

LEASH TUG - MATCH THE ENERGY

PRESSURE - BODY POSITION & POSTURE

TOUCH - FIRM (NOT TO COMFORT)

RE-DIRECT TO A KNOWN SKILL

“SIT” - “DOWN” - “LOOK AT ME”

COMMUNICATION TRAINING TOOLS



CRITICISM VS CORRECTION

During your sessions, the trainer will sometimes correct you. That's part of learning! Correction is not about telling you that you've failed, that you're bad or that you can't do something. It's about helping you learn, grow, and become better. That's why we teach the difference between criticism and correction. They might feel the same in the moment, but they have very different purposes.

CRITICISM

Meant to tear you down or put you in your place. We may instantly feel:

- Discouraged
- Torn Down
- Embarrassed
- Angry
- Insecure
- Defensive
- Hurt
- Inadequate
- Shame
- Frustrated

VS

CORRECTION

Meant to guide, strengthen, and help you grow. It interrupts & redirects when we:

- Doing something wrong
- Doing shotty work
- Being lazy
- Don't want to do what we need to do
- Having a bad attitude

REACTION CYCLE

1 - TRIGGER
Internal Trigger
Thoughts & Feelings
Cycle Begins

2 - INTERPRETATION
Brain interprets as true and harmful regardless of the facts



3 - ESCELATION
Automatic Response
Fight/Flight/Freeze
Reaction with Others or Self
Defensive/Argumentative

4 - DISCONNECT
The reactions and attached feeling confirm thoughts and feelings without considering what is really happening. Becoming an out of control and destructive tornado.

TURNING IT AROUND - PAWS

Using practical skills to get things spinning in a new direction.

PAUSE

TAKE A COUPLE MINUTES AND CLEAR YOUR THOUGHTS WITH DEEP BREATHING. INTERRUPT & CONSIDER YOUR CURRENT THOUGHT/FEELINGS

ACTION

REMOVE YOURSELF FROM THE SITUATION OR PERSON. TAKE THE ACTION OF LEAVING RATHER THAN LETTING ANGER TAKE ACTION.

WONDER

BE CURIOUS, OBSERVE WHAT'S HAPPENING. HOW YOU ARE THINKING & FEELING. WHAT THOUGHTS OR FEELINGS STARTED THIS.

STRATEGIZE

CONSIDER OPTIONS. SUCH AS: "IF I WERE TO DO THIS...THEN THIS MAY BE THE RESULT." SEEK WISE COUNSEL AND CONSIDER NEW THINGS.

SELF DISCIPLINE

Self-discipline is the ability to say "no" to what you want right now so you can achieve what matters most in the future.

One of the most important skills you can develop is self-discipline. Discipline is not punishment—it is the process of teaching, training, and redirecting so that growth can happen.

As you develop self-discipline, you gain the ability to set goals, stay focused, make good choices, and follow through on what you set out to accomplish.

Training Skills

BEGIN & END
ATTENTION
LEADWORK
WALKING



DOGS 101

SOCIALIZATION
HUMAN & CANINE
CONNECTION

Notes & Review

