

LEARNING TO BE A CALM - CONSISTENT LOVING - LEADER



CALM

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

CONSISTENT

THERE WILL BE CLEAR BOUNDARIES FOR
SAFETY NO WISHY-WASHY TO DAMAGE
YOUR TRUST I WILL HOLD THE LINE
AND STAY TRUE BLUE



LOVING



I WILL BE FIRM (BUT NOT HARSH) NO MATTER
HOW YOU (DOG) BEHAVE. I WILL BE FAIR
I WILL BE CURIOUS, HAVE EMPATHY AND GRACE
I WILL DO THE HARD THINGS FOR BOTH OF US

LEADER

I WILL CONTINUE TO GROW AND LEARN SO
I CAN TEACH & TRAIN YOU (DOG).
NEW THINGS YOU NEED TO KNOW &
OLD THINGS THAT NEED TO GO





SESSION SAFETY

- Dogs on Lead & 5 feet apart at all times
- Never Alone – Trust your gut and speak up
- Know the boundaries vs the barriers
- Focus & Attitude – Head in the wrong place = potential harm

SAFE BOUNDARIES

Boundaries: Arena/Safe Space to learn and grow. Boundaries may seem restrictive, but they are vital to maintain safety and help keep focus and perspective. There are rules and guidelines for everyone to follow. This builds trust and consistency. Here are some boundaries we use with dogs.

- Fence
- Proper Training Equipment
- Rules & Guidelines – SESSION SAFETY
- Responding vs Reacting – No Anger to get Action

EQUIPMENT

There is equipment that will make training easier. They need to be easy to use and do not need to be expensive or fancy. Do some research on different tools. Try different ones to find what works best for you and your dog.

- Training Collars
- Lead (Leash)
- Treat Pouches



DOG TRAINING GOALS

Learning to be Calm, Consistent, Loving Leaders

- Learn the tools needed to teach your dog new things.
- Learn the tools needed to interrupt & change behaviors.
- Learn communication skills with dogs.
- Learn boundaries, safety, and consistency.
- Build your canine toolbox for your specific dog: treats, toys, praise, redirection, and touch.
- Build your relationship with your dog. Play games, take them for walks, and care for their needs.
- Set goals for you and your dog. Choose a couple small habits you can add each day towards those goals. This will help you develop self-discipline.
- Practice 2 times each day with your dog, 5-10 minutes each. Be patient, both of you are learning!
- Learn to own your mistakes and learn from them.
- Learn to choose to respond rather than react. Reactions are ridiculous.
- Move from frustration to curiosity. Your dog is not trying to frustrate you. They are telling you something. Be curious about your dog's behaviors and reactions.
- Remember, this is not about dominance, it's about learning, growth, and building a relationship.



SKILLS

ATTENTION

FOCUS ON ME - "NAME" & "LOOK AT ME"

WALK

HEEL - LOOSE LEAD WALK - TUNE-UP
"STAY WITH ME" - "LET'S GO"

WAIT

PAUSE - BARRIER TO ACCESS - "WAIT"
WAIT TILL RELEASE - "OK"

PLACE OR MAT

GO TO PLACE - SETTLE - WAIT TILL
RELEASED - "OK"

SIT & DOWN

FOLLOW DIRECTION & STAY IN POSITION

STAY

LONG TERM - SETTLE - WAIT TILL
RELEASED - "OK" - "COME"

RECALL & TOUCH

COME WHEN CALLED - SIT - TOUCH MY HAND

DONE WITH ACTIVITY OR TRAINING

"BREAK" - "ALL DONE" - "FINISHED"



ATTENTION

This is a way to build a connection with our dogs. You can do this a couple ways. First, train them to look at you when you say their name. Second, you can train them to look at you when you use a command word like "look at me". Third, you can use a combination of both: "Sophie, look at me."

WALK

Walking with your dog should be a pleasant experience for both of you. This will take some planning and practice. Proper equipment is also important; the right collars, harnesses, and leads for safety. Your dog needs to settle before you step into the walk. Let them know you are ready with "Let's Go."

- **TUNE-UP** When you start working with your dog on a lead, this will be a great way for you to get their focus on you. It is a couple minutes of turns to keep their attention. Right, left and full turn-around. The dog stays with you in the heel position.
- **HEAL** - The Dog stays at your side at all times. This is important in public when there is a lot of activity and people.
- **LOOSE LEAD WALK** - The dogs can be beside, in front or behind you, but the lead is loose and they are staying connected to you. This is great for regular walks in low-density areas.
- **ROAMING/NOSE WALK** - This is a fun way to let your dog explore when there is a large, safe space. Use a long lead (10-20 feet) to let the dog roam while you walk. They need to check in with you and respond to a tight lead or verbal command.

WAIT

It is important to teach our dogs to wait. Waiting to enter a space, until we invite them in. Waiting to access things such as food or treats until we tell them it's O.K. This is important for safety and for good manners.

EXAMPLES:

Food – We can start this process very early, when we first start feeding our puppy.

- Put their food in a bowl out of their reach.
- Have the puppy sit.
- Put the food down in front of them but do not let them access it. (They need to stay in the seated position until you release them.)
- As soon as they sit and stop pushing against you to get to the food, you say “yes” and motion for them to go to their food.

Barrier to entry/exit – Another important safety skill for your dog is the barrier to entry. This means not letting them cross a threshold or doorway until you invite them to.

- Put a lead on your dog and have some treats ready.
- Walk with them to the door, then stop in front of it and ask them to sit.
- Give them the stay/wait hand signal and step forward to start opening the door. When they stand or move, tell them “nope” and move them back to sit/stay. Work on this a little at a time, until you can stand in the doorway and they don't move.
- Once you exit the door, you can invite them to join you. Using your “heal” prompt will put them at your side.
- Once they are doing this consistently, work with the lead off. You can also open the door (only if safe to do so) and stand in the open doorway for a couple of minutes.

SKILLS

PLACE

Teaching your dog on a "PLACE" or "MAT" will help you as you go forward in your dog training. Dogs need to know where to go and what to do when they need to keep their focus on you and relax/settle at the same time.

Lure the dog onto the place/mat. As soon as they get there "YES" and pull your hand back to give them their reward.

(After 50-100 repetitions, you can transition to "GOOD" for your maker, rather than "YES". This is to keep them staying in place to build your duration (3 D's) You can add the "sit" or "stay" at this time.

SIT

Lure your dog into the sitting position. Start with food at the dogs nose, pull straight up very slowly and slightly over the dogs back. This forces the dog to sit. As soon as his but hits the ground, "YES" and pull your hand backwards so he stands up and moved to get the treat.

DOWN

Lure the dog into a sit. Start with food at the dogs nose, pull straight down to his toes. Do not pull towards you until their front legs are on the ground. Drag the treat slowly on the ground back towards you. VERY SLOWLY until the dogs tummy and back legs are on the ground. "YES" and pull your hand backwards so he has to stand up and move to get the treat.

(After 50-100 repetitions, you can transition to "GOOD" for your maker, rather than "YES". This is to keep them staying in place to build your duration (3 D's)



RECALL

One of the things that will keep your dog the safest is a good recall. Recall is to come when they are called. Dogs are curious and can focus on something they smell or see, and forget all about being with us.

NEVER trust your dog to be off-lead when you are not in a secure fenced area until they are excellent in recall.

Teaching recall can be done in a couple of fun ways. You will need a long lead (10–20 ft. biothane material works best) and a bag of super yummy/smelly treats.

- With the dog on the lead, let them wander a bit. Call their name and show them you have a treat, tug the lead towards you and lure with the treat. “YES” and reward when they come to you. Toss another treat on the ground, once the dog starts for it, take off in another direction, don’t tug the lead. When the dog runs to you, “YES” and reward. Drop another treat and take off in another direction. The goal is to have them focused on you and following you.
- Take your dog to a safe place with no other people or dogs. Release the dog to a Roaming Walk. Let them walk, sniff and run around while you walk. Once they are distracted, call them. Example “Sophie. Come”. When they stop and look at you, say “yes” and call them again. You can give a gentle tug to the lead, praising them for every step. Once they get to you, give them lots of love and praise and maybe a treat. Repeat.
- Playing hide and seek with you. Have someone hold the dog while you run away and hide from them. Then call them. Example “Sophie. Come”. When they find you, say “yes” and give them lots of love and praise and maybe a treat. Repeat.
- Get them busy playing with another person or dog. Then call them. Example “Sophie Come”. When they stop and look at you, say “yes” and give them lots of love and praise and maybe a treat. Repeat.

TOUCH

This is a great to add to your recall. Have a treat hidden between your fingers. Put your hand down to your side, open palm facing them. Lure the dog by pulling your hand back. When they touch your hand with their nose, give them the treat, say “yes”. Work up to no treat, only touch

BREAK - ALL DONE - FINISHED

When you are done working with your dog, you tell them “break”. This lets them know they are done. You can toss out a couple treats if you like for them to go get.

SETTLE

It is a joy to see our dogs playing and enjoying life. Sometimes they have the “zoomies,” and they are running around doing parkour off our furniture. Other times, they are wrestling and playing with other dogs. But what if things are getting to be “too much”? We need a way to let them know it’s time to stop and slow things down, not that they are in trouble. This is “SETTLE”.

- Get some treats ready.
- Start a little game with them. (tug, fetch, wrestling) Let them get some good playing in before you stop.
- When you are ready, completely stop, don’t move or talk. Folding your arms so they can’t grab your hands. When they pause and look at you, tell them “yes” and give them a treat. As they bring down their energy level, you can add the word “settle”.

Practice this any time they are in action. (Kinda like the game “freeze”.)

GETTING TO KNOW YOU

BEHAVIOR TRAITS & TRIGGERS

FIGHT - FLIGHT - FREEZE

BREED TYPE

There are over 450 recognized dog breeds. They are officially categorized into 7 groups based on their original purpose, historical traits, and physical characteristics

PACK POSITION

FRONT - BOLD

MIDDLE - CURIOUS

BACK - CAUTIOUS

AGE & HEALTH

YOUNG - BUILD RELATIONSHIP & CONSISTENCY

OLD - TEACHING NEW THINGS TO HELP REPLACE OLD THINGS

SUDDEN CHANGES & INJURIES

LIFE EXPERIENCES

WHAT THE DOG HAS OR HAS NOT BEEN EXPOSED TOO.

FOCUS/DRIVES

MIND - EYES - EARS - NOSE

- 1.IDENTIFY THE DRIVE
- 2.CHANGE THE FOCUS BY INTERRUPTING
- 3.REDIRECT AND TEACH

PACK DRIVE - FOCUS ON ME - "LET'S GO"

PREY DRIVE - FOCUS ON THINGS (DISTRACTIONS)

DEFENSE DRIVE - FOCUS ON PROTECTION (SELF, PERSON, PROPERTY)

DOG BREEDS

SPORTING

LABRADORS, GOLDEN RETREIVERS, POINTERS, SPANIELS

HOUNDS

BEAGLES, BLOODHOUNDS, WHIPPETS, GREYHOUNDS,
DACHSHUNDS

WORKING DOGS

SIBERIAN HUSKIES, GREAT DANES, DOBERMAN PINCHERS,
BOXERS, ROTTWIELERS, MASTIFFS

TERRIERS

BULL TERRIERS, JACK RUSSELL TERRIERS WELSH TERRIERS,
SCOTTISH TERRIERS

TOY

CHIHUAHUAS PUGS, MALTESE, TOY POODLES, YORKSHIRE
TERRIERS, CAVALIER KING CHARLES SPANIELS, SHIH TZUS

NON SPORTING

BULLDOGS, POODLES, DALMATIONS, CHOW CHOWS,
LHASA APSOS

HERDING

BORDER COLLIES, AUSTRALIAN SHEPHERDS,
GERMAN SHEPHERDS, BELGIAN MALINOIS

DOG TRAINING GOALS

1. What does it mean to be a calm, consistent, and loving leader for your dog?
 - A. Always letting your dog do whatever they want
 - B. Using patience, clear communication, boundaries, and consistency
 - C. Being the loudest person in the room
 - D. Making sure your dog never makes a mistake
2. How often should you practice with your dog?
 - A. Once a week for an hour
 - B. Whenever your dog does something wrong
 - C. Twice a day for 5–10 minutes
 - D. All day long
3. Your dog does something that frustrates you. What is the best response?
 - A. Immediately react without thinking
 - B. Yell so your dog knows you are upset
 - C. Move from frustration to curiosity and try to understand what your dog is communicating
 - D. Give up on training
4. Which of the following could be part of your personal “canine toolbox”?
 - A. Treats, toys, praise, and redirection
 - B. Yelling and punishment
 - C. Ignoring your dog all day
 - D. Making your dog afraid to make mistakes
5. Dog training is NOT about dominance. What is it really about?
 - A. Showing your dog who is stronger
 - B. Making your dog obey every command immediately
 - C. Learning, growth, communication, and building a relationship
 - D. Never allowing your dog to make choices

SKILLS

1. What is one reason we teach our dogs to pay attention to us?
 - A. So they can never explore anything
 - B. To build connection and help them focus on us
 - C. So they will be afraid of us
 - D. To keep them sitting all day
2. Which is one way to teach your dog to give you their attention?
 - A. Say their name and reward them when they look at you
 - B. Ignore them when they look at you
 - C. Pull them toward you
 - D. Yell their name repeatedly
3. What does a "heel" mean when walking your dog?
 - A. The dog can run wherever they want
 - B. The dog stays at your side, which is especially useful in busy public places
 - C. The dog must stay behind you at all times
 - D. The dog gets to choose where you go
4. What is the purpose of a "tune-up" during a walk?
 - A. To tire your dog out before leaving
 - B. To practice turns and help your dog focus on you
 - C. To teach your dog to pull harder
 - D. To allow your dog to ignore you
5. Why is teaching your dog to "wait" important?
 - A. It teaches safety and good manners
 - B. It prevents your dog from ever moving
 - C. It means your dog cannot have treats
 - D. It makes walks unnecessary
6. When teaching a dog to wait at a doorway, when should you invite them through?
 - A. As soon as they see the door
 - B. When they bark
 - C. After they can remain calmly waiting and you give them permission
 - D. Whenever they pull on the lead

SKILLS

7. What is the purpose of teaching your dog "PLACE" or "MAT"?
- A. To give your dog a safe spot where they can focus and relax
 - B. To punish your dog for misbehaving
 - C. To keep your dog away from everyone
 - D. To teach your dog to run faster
8. What does the "DOWN" command teach your dog?
- A. To come running toward you
 - B. To lie down
 - C. To walk beside you
 - D. To touch your hand
9. What does "recall" mean?
- A. Your dog stays in one place
 - B. Your dog walks behind you
 - C. Your dog comes when called
 - D. Your dog lies down
10. Why is a good recall important for your dog's safety?
- A. Dogs never get distracted
 - B. It helps your dog return to you when called
 - C. It allows your dog to wander anywhere without supervision
 - D. It means you never need a leash
11. What does the "TOUCH" command teach your dog to do?
- A. Put their nose against your hand
 - B. Sit on a mat
 - C. Run away from you
 - D. Bark at strangers
12. What does the "SETTLE" command help your dog learn?
- A. How to become more excited
 - B. That playtime is over and it is time to slow down and relax
 - C. How to run away when called
 - D. That they are in trouble for playing

GETTING TO KNOW YOU

1. Why is it important to learn about your dog's behavior, traits, triggers, age, health, and life experiences?
 - A. So you can understand your dog better and choose the best ways to train and communicate
 - B. So you can make every dog behave exactly the same
 - C. So you can avoid spending time with your dog
 - D. So you can decide which dog is the smartest
2. Which pack position is generally described as more cautious?
 - A. Front
 - B. Middle
 - C. Back
 - D. Top
3. Why might training an older dog require a different approach?
 - A. Older dogs cannot learn anything new
 - B. You may need to teach new skills that can replace old habits
 - C. Older dogs do not need consistency
 - D. Older dogs should never be challenged
4. What is the best way to respond when you identify a dog's drive causing them to focus on something else?
 - A. Become angry and yell at the dog
 - B. Allow the dog to continue without guidance
 - C. Interrupt the focus, redirect the dog, and teach an appropriate behavior
 - D. Stop interacting with the dog
5. What drive do you want your dog in when you're with them and training?
 - A. Defense Drive - Focused on protecting self, you, or property
 - B. Pack Drive - Focused on you as the leader
 - C. No drive is acceptable when you are with the dog
 - D. Prey Drive - Focused on other things (Distractions)