

CALM



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

White Dog Blue



CRITICISM VS CORRECTION

Along this journey, your trainers and coaches will offer correction to help you learn and grow. While correction may feel uncomfortable at first, its purpose is to build you up, not tear you down.

That's why we teach the difference between criticism and correction. **These two things may feel similar in the moment, but criticism is meant to discourage, while correction is meant to strengthen, guide, and help you improve.**

CRITICISM MAKES YOU FEEL

- Embarrassed
- Angry
- Insecure
- Defensive
- Hurt
- Inadequate

This is how condemnation impacts us. It makes us feel like people are tearing us down. We may even be tearing ourselves down. These are difficult and sneaky feelings that are important for us to recognize so they don't stop us from growing.

CORRECTION FEELS YUCKY AT FIRST TOO BUT...

- We learn something new
- We get better at what we are doing
- We can change how we feel
- We can help others

Correction helps us when we are doing something wrong. It may be because we didn't know how to do something or were doing things shabby. It also can be because we were being lazy or didn't want to do what we needed to do. Correction helps us redirect our thoughts and feelings.

FALLING DOWN & GETTING UP

On this journey to becoming a True Blue Leader, you will:

Fall down - Make mistakes - Get discouraged - Want to quit

But you will not fail because you will:

Get up and go again - Learn from your mistakes

Turn your discouragement into encouragement (self & others)

**Quit making excuses for why you can't and find a way to say
"I DID IT!"**

COMMUNICATION TRAINING TOOLS

TEACHING NEW SKILLS



1. **GUIDE** - SHOW THEM WHAT TO DO

LURE - (FOOD)

LEASH - (ATLAS WINGS)

HAND MOTIONS

TOUCH & DIRECT WITH BODY



2. **VERBAL MARK** - THE EXACT MOMENT

"YES" PERFECT & BREAK

"NOPE" KEEP TRYING

"GOOD" KEEP DOING IT



3. **REWARD** - RIGHT AFTER YOU MARK

TREATS - PRAISE - FUSS - TOY



4. **CUE** - ADDING THE WORD TO THE ACTION

"SIT" - "STAY" - "DOWN" ADD AFTER 10 CORRECT ACTIONS





COMMUNICATION TRAINING TOOLS

MASTERING THE SKILLS 3-D'S



DURATION BUILD 30 SECONDS - MINUTES

DISTANCE BUILD 1 STEP - FEET

DISTRACTION INDOORS - YARD - PUBLIC

WORK DAILY: 1-2 TIMES A DAY - START 5-10 MIN
REMINDER: IT TAKES AROUND 100 REPS FOR A DOG TO LEARN

UNWANTED BEHAVIORS

1. INTERRUPT THE BEHAVIOR

- WORDS - "UH-UH" OR "NOPE"
- LEASH TUG - MATCH THE ENERGY
- TOUCH - FIRM & NOT COMFORTING
- PRESSURE - BODY POSITION & POSTURE



2. RE-DIRECT TO A KNOWN SKILL

"SIT" - "STAY" - "DOWN"

CRISICISM VS CORRECTION

1. What is the main difference between criticism and correction?
 - A. Criticism helps you improve, while correction makes you feel bad
 - B. Criticism is meant to discourage, while correction is meant to guide and help you improve
 - C. They are exactly the same thing
 - D. Correction means you never make mistakes

2. Which of the following is a feeling that criticism can cause?
 - A. Confident
 - B. Excited
 - C. Insecure or defensive
 - D. Proud

3. Your trainer tells you that you need to change the way you are handling your dog. You feel uncomfortable at first, but you listen and try again. What could happen next?
 - A. You can learn something new and get better
 - B. You should quit because you made a mistake
 - C. You should blame someone else
 - D. You should ignore the correction

4. Everyone makes mistakes while learning. What should a True Blue Leader do after making a mistake?
 - A. Pretend it never happened
 - B. Make excuses and give up
 - C. Learn from the mistake, get back up, and try again
 - D. Blame their dog

5. What does it mean to turn discouragement into encouragement?
 - A. Pretending everything is perfect
 - B. Using mistakes and challenges as motivation to keep learning and encourage yourself and others
 - C. Avoiding anything that feels difficult
 - D. Giving up when something doesn't work the first time

COMMUNICATION TRAINING TOOLS

1. What is the purpose of the "Guide" when teaching your dog a new skill?
 - A. To show your dog what you want them to do
 - B. To punish your dog for making mistakes
 - C. To let your dog figure everything out alone
 - D. To make your dog move as quickly as possible

2. Which of the following can be used to guide your dog into the correct action?
 - A. Food, hand motions, touch, or body direction
 - B. Yelling and anger
 - C. Ignoring the dog
 - D. Waiting for the dog to guess correctly

3. When should you use the verbal marker "YES"?
 - A. When you want your dog to stop training
 - B. At the exact moment your dog performs the behavior correctly
 - C. Only when your dog is finished eating
 - D. Whenever your dog is distracted

4. What does "NOPE" mean during training?
 - A. You are angry with your dog
 - B. Training is finished
 - C. That wasn't quite right—keep trying
 - D. Your dog should run away

5. What does the verbal marker "GOOD" tell your dog?
 - A. Keep doing what you are doing
 - B. Stop immediately
 - C. Come running to you
 - D. Training is over

6. When should you give your dog a reward?
 - A. Several minutes after they perform the behavior
 - B. Before you ask for the behavior
 - C. Right after you mark the correct behavior
 - D. Only at the end of the week

COMMUNICATION TRAINING TOOLS

7. When should you add a cue such as "SIT" or "DOWN" to a behavior?
- A. Before your dog has learned the behavior
 - B. After your dog has successfully performed the action about 10 times
 - C. Only after one successful attempt
 - D. Whenever your dog is distracted
8. What are the "3 D's" used to help a dog master a skill?
- A. Discipline, Dog, and Direction
 - B. Duration, Distance, and Distraction
 - C. Down, Door, and Dog
 - D. Direction, Dinner, and Discipline
9. If you are building "Duration," what are you teaching your dog?
- A. To perform the behavior for longer periods of time
 - B. To move farther away from you
 - C. To ignore distractions
 - D. To learn a completely different command
10. Where should you start when adding distractions to your dog's training?
- A. In the busiest place you can find
 - B. At a crowded public event
 - C. Indoors in a familiar environment
 - D. Around many unfamiliar dogs
11. When training your dog, they understand the new skill when:
- A. They have heard and experienced it one time
 - B. When they have practiced around 100 repetitions
 - C. When they have worked with them for 10 minutes every day
 - D. When you have worked with them for three months
12. What should you do after interrupting an unwanted behavior?
- A. Continue correcting the dog until they are tired
 - B. Ignore the dog completely
 - C. Redirect the dog to a known skill, such as sit, stay, or down
 - D. End all training permanently