



Welcome & Enjoy. Let's learn a little about where you are and where you want to be!

Being successful with dog training involves developing skills in four areas. These skills are KEY to understanding how to train your dog most kindly and effectively:

- Planning
- Learning Theory
- Mechanical Skills
- Emotional Control

Planning

1. I have a plan for my training sessions.
2. My training plan is systematic, not random.
3. I journal my training sessions.
4. I am not afraid to experiment in my training. Getting it wrong is often a step towards getting the desired outcome.
5. I have a set of protocols (exercises) that works on a variety of dogs (or at least on my own dog!).

Learning Theory

1. I use the four quadrants of Learning Theory (positive Reinforcement, Negative Reinforcement, Positive Punishers and Negative Punishers) correctly. I know why I am using which one.
2. My training techniques are based on a sound knowledge of Learning Theory and I understand how dogs learn.
3. I understand how I learn.
4. I discover and use thresholds in my training my reading the dogs body language and responses.
5. I use appropriate approximations and I know how break a task down into tiny increments.

Mechanical Skills

1. When I am training I know exactly where all my body parts are and I am in perfect balance.
2. I recognize the topography of Reinforcement Criteria, so I reinforce the right thing at the right time.

Emotional Control of myself and my dog.

1. When I train I am appropriately patient.
2. I also know when to be more demanding.
3. I never nag my dog ineffectively.
4. I do not get frustrated when I train my dog.
5. I can manipulate my dog's emotional state on cue during the training process.
6. I know how to use stress (the dog is in a new location or distracted) to enhance the training process. The more challenging a situation is, the more attentive my dog is to me.

Control IS important - you are responsible for the safety of your dog. There is a way to create a happy and obedient dog without constantly using treats, while at the same time avoiding using methods that don't sit well with you.

