

REACTIVITY



Working with dogs and their guardians



WELCOME



Fearful and over reactive behaviour will not go away on its own. The dog will not grow out of it. Left untreated, both the frequency and the intensity of the problems will increase.

Reactivity is one of the hardest behaviours to deal with but have you ever wondered why that is? You may never have even thought about reactivity before you got this dog, but now when your dog starts reacting, you find yourself reacting too! You may get stressed at the very thought of going for a walk.

Of course, it is not their fault. They are acting in response to an emotion - that might be fear, anxiety or frustration - and, when they react, that can make them feel better in the moment, so they keep doing it

But we can teach them a better way.

We can give them new ways to respond that also feel good and over time they can start to ignore what once caused a meltdown or *maybe* even enjoy meeting other dogs or new people. In order to make this shift, we need to create a calmer space for our dogs. They can't learn when they are stressed.

This is why I've designed this special programme **Reactivity-Working with dogs and their guardians**. This programme will give you all the support you need and I can be with you every step of the way.

In this course you will develop the right skills to teach calm and lessen your dog's reactivity! You'll learn easy and fun practical ways to keep your dog's focus when there are distractions, how to manage situations where things are less than ideal and how to bounce back when everything has gone belly up!



MEET YOUR TRAINER



JULES BALLARD

Dog Behaviour Consultant



Hi, I'm Jules

I want to be able to help more dogs achieve contentment and live the best life possible. My understanding of human psychology enables me to develop the best modification package for you and your dog, one that is tailored to your personality and learning style, as well as that of your dog.

I only support training techniques that are kind, effective, and fear-free. I believe training should be easy to follow, consistent, and always fun for both dogs and humans.

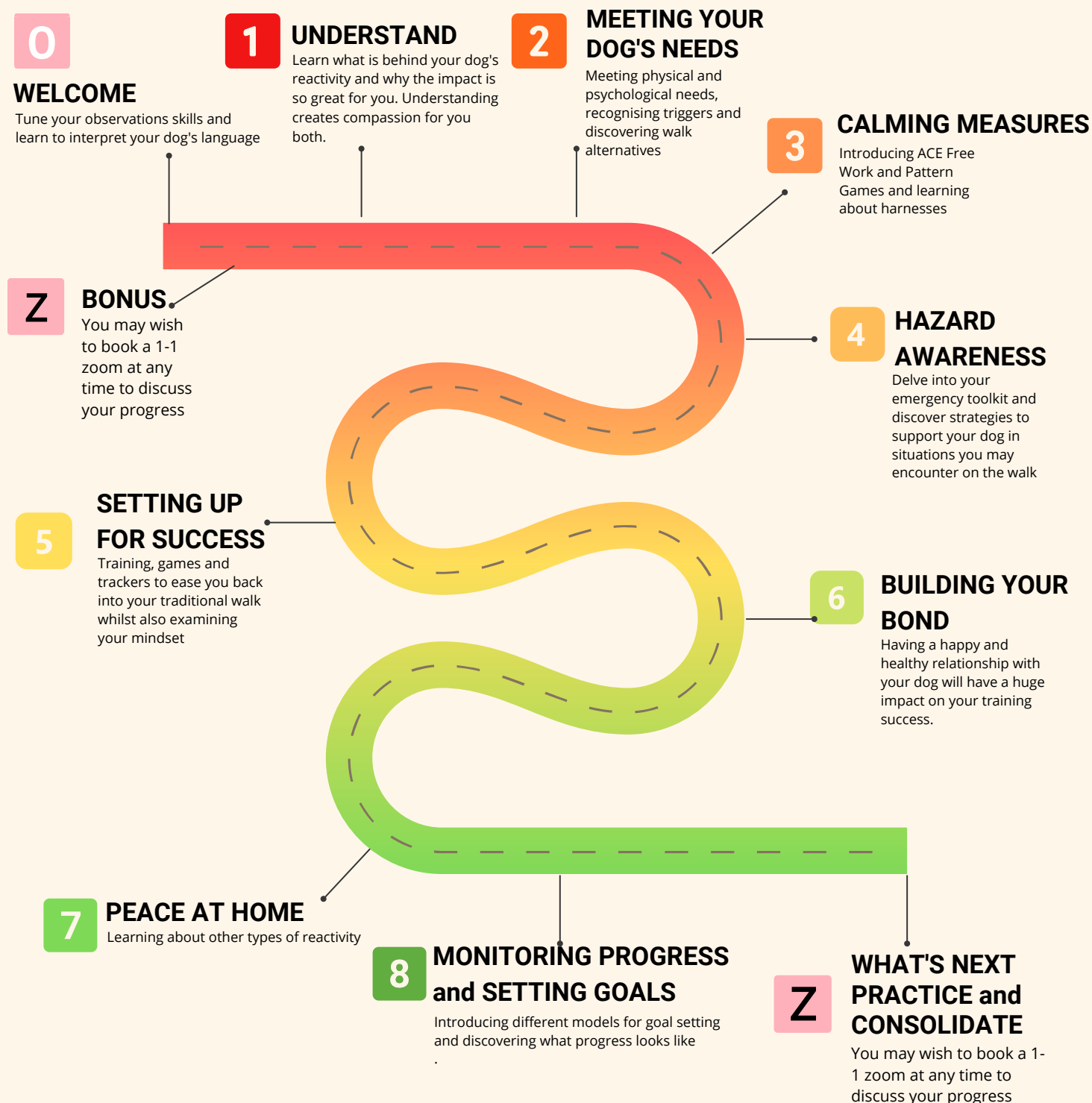
- 🐾 Advanced Diploma in Canine Behaviour
- 🐾 Separation Anxiety Pro Trainer
- 🐾 Diploma In Canine Health and Nutrition
- 🐾 Holistic Health for Dogs Certificate
- 🐾 ACE Module 1 and 2, ACE Adolescence
- 🐾 TTouch Course Janet Finlay
- 🐾 Certified Family Dog Mediator
- 🐾 Michael Shikashio's Aggression Course
- 🐾 Reframing Reactivity Pro Course Janet Finlay
- 🐾 BSc (Hons) in Psychology First Class
- 🐾 General Nurse and Midwife
- 🐾 Certified Birth Trauma Resolution Practitioner
- 🐾 Reflexologist
- 🐾 Fitness Instructor
- 🐾 Currently studying Level 6 Canine Behavioural Management and Level 6 Human Canine Interactions

PROGRAMME OUTLINE



There are eight modules that form the basis of my Reactivity Programme to help you and your dog achieve contentment and develop the relationship of your dreams.

In each module you will build core skills and progress through milestones until you have mastered each area. By the time you complete the programme you will have clear step by step instructions to help you navigate problem behaviours with ease!



PROGRAMME CURRICULUM



0

WELCOME

Tune your observations skills and learn to interpret your dog's language

- How long will it take?
- Observations Workbook
- Discover your dog workbook
- Health checks
- Why write a diary?
- 3 steps to behaviour change
- Dog Body Language and 4 F's
- Physical Clues
- Nervous system responses
- Behavioural responses
- Video tips and how to upload to You tube
- Bonus material

1

UNDERSTAND

Learn what is behind your dog's over-reactivity and why the impact is so great for you. Understanding creates compassion for you both.

- Understand Reactivity, What is it? What causes it?
- Both ends of the lead
- Why is it hard for us and how it affects us
- The stress response
- Breathing Techniques and 54321
- Power ups and self-care
- Resilience and the negativity bias
- Other biases
- Words matter
- Setting goals

2

MEETING YOUR DOG'S NEEDS

Meeting physical and psychological needs, recognising triggers and discovering walk alternatives

- What dogs need
- Sleep and diet
- Choice, control and consent - Bucket Game
- What are your dog's candles?
- Triggers and trigger stacking
- Understanding thresholds
- Traffic lights
- Magic Mat
- Deconstructed dog walk and alternatives
- Flirt pole, urban agility, middle
- Crazy 8's and Take a bow

3

CALMING MEASURES

Introducing ACE Free Work and Pattern Games and learning about harnesses

- Harnesses
- How to introduce a harness
- ACE Free Work - How to start
- ACE Free Work - Applications and Observations
- ACE Free Work - Example videos
- Take a Breath
- Pattern Games Intro
- Superbowls
- Up and Down
- 123
- Ping Pong
- Whiplash

4

HAZARD AWARENESS

Delve into your emergency toolkit and discover strategies to support your dog in situations you may encounter on the walk

- Being aware
- U-Turn
- Introducing an Umbrella
- Hazard awareness and workbook
- Practising hazard awareness
- Back up and treat
- Using what is in the environment
- Dealing with other people
- Reframing your response -
- 3 Accounts workbook
- Influencing behaviour
- Prompting with your body, lead and noise
- Teaching a positive interrupter
- Fun to Focus
- Nose target
- What is Look at that?
- Teaching Look at that

5

SETTING UP FOR SUCCESS

Training, games and trackers to ease you back into your traditional walk whilst also examining your mindset

- Waiting at the door
- Slowing down the exit
- Importance of posture
- Threat or challenge mindset
- Bingo Game
- Cup Final game
- Relationship building activities
- Stealth training

6

BUILDING YOUR BOND

Having a happy and healthy relationship with your dog will have a huge impact on your training success.

- Intro to TTouch
- Ear TTouch
- Zebra TTouch
- Turtle TTouch
- TTouch the Science
- Why muzzle train?
- Type of muzzle
- Size of muzzle
- When should muzzles not be used?
- How to introduce a muzzle

7

PEACE AT HOME

Learning about other types of reactivity

- Window reactivity
- Doorbell reactivity
- Visitor reactivity
- Noise reactivity
- Multidog household reactivity
- Preventing multidog stress
- Management
- Managing access to triggers
- Walking with other dogs
- Fast moving objects reactivity

8

MONITORING PROGRESS and SETTING GOALS

Introducing different models for goal setting and discovering what progress looks like .

- Monitoring Progress
- SMART Goals
- GROW Goals
- GROW Workbook
- Setting Goals
- What does progress look like for the human?
- What does progress look like for the dog?

TRAINING RESOURCES

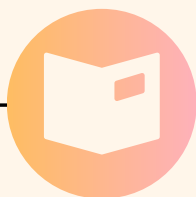


Everything you need to ensure you receive a comprehensive, high-end learning experience. Materials designed to cater to your unique learning style that will enhance understanding, encourage participation, and ensure better results throughout your programme and beyond.



Videos

Over 130 videos comprising of a mixture of tutorials and dogs demonstrating the activities, so that you and your family are all on the same page.



Handouts

All of the videos are supplemented with handouts to support further learning and aid memory



Workbooks

Several workbooks offer an easy, practical way for you to consolidate your learning as we work together.



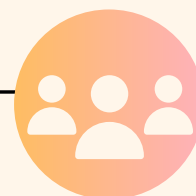
Journal/ Diary

Monitor your dog's growth and improvement in each module and identify patterns to support your dog's progress



Training Tracker

Designed to help track and monitor your progress as you work towards your goals.



1-1 Zooms

Depending on the option you choose. You could have up to 4 individualised sessions to further support you in your journey

HOW TO ENROLL



To enroll in the Reactivity Programme all you need to do is visit

<https://contented-canines.newzenler.com/courses/working-with-reactive-dogs>

I offer 2 options:



Stand alone REACTIVITY Programme

Work through the course at your own pace

- Video vault (over 130 videos)
- Training workbooks and trackers
- Over 130 downloadable handouts that support your learning
- Access to Community Facebook Group
- Coach in your Pocket via email or WhatsApp to give you peace of mind throughout the process
- You can upgrade at any point during your course to the VIP programme and this can be tailored to your needs of only 1 zoom session (£80 additional cost), 2 zooms (£150 additional cost) or 4 zooms (£250 additional cost).

Investment **£195**



VIP REACTIVITY Programme

Private 1-1 coaching in addition to your course is the recommended option

- **4 x 60 min 1-1 Zoom to discuss your individual needs**
- **Video Analysis of your personal videos to get feedback**
- Video vault (over 130 videos)
- Training workbooks and trackers
- Over 130 downloadable handouts that support your learning
- Access to Community Facebook Group
- Coach in your Pocket via email or WhatsApp to give you peace of mind throughout the process

Investment **£395**



If you enroll in either option you will also receive access to my:



Loose Lead Walking Course

for free, should you want it

jules@contented-canines.com

<https://contented-canines.com>