

SECRET GARDEN



For You and Your Dog



WELCOME



This course is the result of a wonderful collaboration between myself, Jules Ballard of Contented Canines and Sonia Catherall of Confident Canine. Sonia and I loved creating this course together and would love to join you on your own Secret Garden creation.

Your secret garden is about creating a safe space where you and your dog can relax, take a stress break and engage all your dog's senses.

A place to lose yourself, where time doesn't matter and where your dog can choose to explore, play or just chill beside you and where you can feel that deep connection you share.

Your garden is particular to **you and your dog** and can be created in small spaces such as balconies, yards, or even inside your home to provide sensory exploration.

This course will give you a plethora of ideas of how to create your own special sanctuary and information about safe plants and activities.

Life in the 21st century is fast-paced with many commitments and tasks to balance. Taking the time to unwind, practise self-care and decompress is vital to maintain and support both your physical health and psychological health.

We have provided over 80 videos, workbooks and 40 handouts, with real world examples that you can choose from to create your own secret garden for you and your dog/dogs that is tailored to your needs.

We also provide ongoing support via our 2 facebook community groups.



BENEFITS OF A SECRET GARDEN



- A safe space where you can both relax and chill together
- Your dog gets to sniff, forage and enjoy sensory exploration
- Provides your dog with enrichment
- Helps your dog to increase confidence
- Encourages your dog to exercise choice and control
- You will get to practice self-care which recharges your batteries
- You will be able to enjoy the calm connection that your secret garden encourages
- Enables you to create beautiful memories of the time you spend together, whether doing activities together, relaxing or simple exploring.

Your secret garden is suitable for any dog,

but,

it is particularly useful for dogs:

WHO IS THE SECRET GARDEN FOR?

- that are reactive on walks
- that struggle to be around other dogs, people or cars
- that need a walk alternative
- that need to rehabilitate after an injury or operation
- that are rescue dogs
- have experienced trauma
- are fearful
- are anxious
- that are are blind, deaf or have any type of disability
- that are senior and no longer able to go out on walks

MEET YOUR TRAINERS



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, use positive reinforcement and are fear-free. I believe training should be simple to understand, 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 Trainer
- 🐾 TTouch Course Janet Finlay
- 🐾 Certified Family Dog Mediator
- 🐾 Michael Shikashio's Aggression Course
- 🐾 Reframing Reactivity Pro Janet Finlay
- 🐾 Certified Canine Enrichment Technician
- 🐾 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

MEET YOUR TRAINERS



SONIA CATHERALL

Dog Trainer



I'm Sonia, I am a certified dog trainer specialising in reactivity, scentwork and Control Unleashed. I share my life with Harry my gorgeous cockapoo. Harry is a whirlwind of fun and joy. He is always up for an adventure or challenge. However, life together hasn't always been easy. We faced several struggles, in particular his reactivity to other dogs.

I have a deep passion for supporting both ends of the lead. This is something that is incredibly important to me.

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 people.

- ACE Trainer
- Your End of The Lead Approved Coach
- Certified Control Unleashed Instructor
- City & Guilds Scentwork Instructor
- Certified Family Dog Mediator
- IABTC Canine Behavioural Instructor
- IABTC Clicker Trainer & Pet Dog Trainer
- Dog Aggression For Professionals With Amber Batson
- Canine Enrichment Technician
- Aggression in Dogs Course by Michael Shikashio
- International Dog Parkour Association Instructor
- Canine Nutrition and Health Accredited Certificate
- DMWYD Certified Trick Dog Instructor
- Currently studying Level 6 Canine Behavioural Management with Dogenius Institute

PROGRAMME OUTLINE



There are eight modules that form the basis of this **Secret Garden** course to help you and your dog discover new spaces and experiences and develop the relationship of your dreams.

It is important to remember that every dog is an individual and if you have a multidog household, you will observe differences between each of your dog's preferences as well.



PROGRAMME CURRICULUM



A

WELCOME

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

- Welcome and orientation
- Why do you need a secret garden
- Body Language
- How to upload to Youtube
- Tips for videoing
- Observations workbook

1

YOUR END OF THE LEAD

Meeting your psychological needs

- The impact of stress
- The stress response
- Breathing Techniques
- 54321 Mindfulness
- Relaxation Guided Imagery
- Self-care, power ups

2

HEALTH and WELLBEING

Meeting your dog's physical and psychological needs

- What dogs need
- Consent
- Bucket Game
- Feeling safe
- Mindful Touch
- Introduction to TTouch
- Science of TTouch
- Ear TTouch
- Zebra TTouch
- Turtle TTouch
- Take a Breath
- Heat-related illness
- Importance of health checks
- Impact of diet
- Getting enough sleep

3

YOUR DOG'S SENSES

How our dog's amazing senses work

- Sight
- Hearing
- Touch
- A Dog's Taste
- A Dog's Nose
- Proprioception
- Vestibular balance

4

SENSORY EXPERIENCES

Encouraging your dog to use their senses in different ways

- ACE Free Work in the garden
- Foraging in the garden
- Wind chimes
- Bring the woodland in
- Bring the beach in
- Bring the outside world in
- Watch the world go by
- Introducing water
- Garden ponds
- Water features

5

SPACES AND SURFACES

A selection of suggestions

- Small spaces
- Garden paths
- Elevated areas
- Grass
- Artificial grass
- Shady areas
- Garden tunnels
- Garden sheds and summerhouses
- Furnishings
- Treat logs
- Recycled tyres
- Dog toilet
- Dog's urine and grass

6

SECURITY AND SAFETY

Ensuring your dog is safe in your secret garden

- Garden Dangers
- Is your garden dog-friendly
- Fences and Gates
- Outdoor Lighting

7

GARDEN ACTIVITIES

Meeting physical needs in the garden

- Building Relationship with Tricks
- Crazy 8's trick
- Go around
- Knock It
- Take a Bow
- Teach your dog to put it in the bin
- Teaching a Paw Target
- Spin
- Obstacle course
- Recall Games
- Sandpits
- Flirt Pole Fun
- Secret Garden Stroll

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CREATING YOUR OWN SECRET GARDEN

Planning and purchasing

- An Individual Project
- Growing Vegetables
- Seed Trays
- Seed Plan
- Mood board
- Shopping List

Z

PLANT CARDS

- Safe colourful plants
- Herbs
- Toxic plants
- Christmas plants

TRAINING RESOURCES



Everything you need to ensure you receive a comprehensive, high-end learning experience.

Creating your own secret garden will enhance your dog's environment and encourage them to explore and interact. It encourages them to further develop their confidence and optimism.



It promotes your's and their physical and emotional wellbeing and compliments your connection to your dog.



Videos

Over 85 videos comprising of a mixture of tutorials and practical videos, so that you and your family are all on the same page.



Handouts

Over 55 supplementary handouts to support further learning and aid memory, which are all downloadable for you to print should you wish



Workbooks

Workbooks and templates offer an easy, practical way for you to consolidate your learning

Plus special bonus videos and workbook from Tracy Brind - a practitioner of botanical self-healing in dogs

HOW TO ENROLL

in the **Secret Garden** course, all you need to do is visit -

<https://contented-canines.newzenler.com/courses/secret-garden>

jules@contented-canines.com <https://contented-canines.com>