

What baggage are YOU taking into the Obedience Ring?



You love your dog. You love the sport. You train hard. Yet things NEVER SEEM TO FEEL RIGHT when you finally enter a "formal" obedience ring under judgement. You are often disappointed with your results. You are sometimes discouraged.

If this is a familiar picture then this seminar might shed some light on why this is happening and how you can improve your formal ring performance by applying some of the many researched and established principles of sport psychology to competitive obedience.

A Different Approach

In training we are often reminded to "read your dog". What most of us fail to realize is that the most intense reading in the ring is being done by our dogs, who desperately try to read US. This seminar is about what we're giving them to read, and how we can convey the kind of messages that will help them perform well under competitive conditions. A participant in our pilot workshop expressed it like this "*We always have been taught what to do with our dogs, but rarely with ourselves*".

The Seminar Emphasis

In this full-day workshop, our emphasis is on the demeanour of the handler, particularly while heeling, which is the foundation for obedience. It covers:

- Understanding the performance effects of tension and worry
- Learning to discard mental/emotional baggage that impedes performance
- Diagnosing and remedying body language issues to develop a handling style that will make you more relaxed and confident, and make your dog more responsive
- Developing effective messaging techniques (clues and cues), particularly in heeling exercises. All dogs entered as participants must be able to heel.

These ideas don't conflict with or replace whatever technical methods you and your coaches utilize. Instead, they should be seen as important add-ins and enhancements.

The session is participatory and fun for observers as well as those with working spots.

The Facilitation Team



Ellie Beals and David Skinner are a husband-wife team of obedience competitors. For 2014, Ellie and her GMOTCh partner Fracas (100+ HITs, winner of the 2012 HIT of HITS, and 6 placements in the Obedience Top Ten in the last seven years) were the number one ranked obedience team in Canada, and David and his GMOTCh partner Gyro were the second-ranked team.

David (a former sports executive with a sports psychology background) and Ellie (a consultant with an education background) live and train together, and coach a small group of students. Professionally, both design and deliver training programs that reflect their belief that fun furthers learning. So they bring to this seminar not only their skills as dog trainers, but also an ability to translate those skills into an exciting, interactive learning experience, consistent with the principles of sport psychology and effective adult learning.

The Hosting Team



The Peterborough and District Obedience Club will be hosting Ellie Beals and David Skinner Saturday February 27th, 2016 at the Douro Community Centre. The Douro Community Centre is located at 2893 Highway 28 and County Road 4 Douro Dummer Ontario.

All working spots are currently filled and we only have auditing spots left. Auditing spot cost is \$60 per person.

The seminar will start at 9am sharp as there is a lot of information to be learned during the day.

Please contact Sylvia Reeve at sheltiepower@bell.net to reserve your spot!

PARTICIPANT SCHEDULE FOR SEMINAR

Timing	Topic/Key Learning Points & Segues	Techniques/ <i>Tools</i>
9:00 – 9:25	<p>Heeling Mazes</p> <p>Warm-up to get people moving, link later to challenge and purposefulness</p>	Participant exercise <i>Maze/obstacle course with cones, boxes, jumps</i>
9:25 – 9:40	<p>Introductions</p> <p>Objective of session, protocols</p>	<i>Summary Schedule</i>
9:40 – 10:00	<p>No Baggage – It's Not About You</p> <p>Explore thoughts/feelings re: competition.</p>	Interactive discussion <i>Slips with pre-comp concerns</i>
10:00 – 10:25	<p>What Does Your Dog Need?</p> <ul style="list-style-type: none"> • Subject of this session: How to be a relaxed, confident leader able to convey constructive information, unimpeded by baggage <p>Recent Research</p> <ul style="list-style-type: none"> • Present overview of relevant contemporary research. • Group Exercise 1 	Interactive discussion <i>Diagram of relationship between leadership, baggage and information</i> Research overview <i>Message Cocktail Exercise</i>
10:25-10:40	C O F F E E	
10:40 -11:05	<p>Introduction to Sports Psychology</p> <p>Sports psychology defined Overview of relevant techniques Deep breathing exercise</p>	Mini Lecture <i>Signs of Overarousal Sports Psych Defined Leadership continuum graphic Self-assessment tool</i>
11:05 – 11:35	<p>Visualization/Mental Models</p> <ul style="list-style-type: none"> • Heeling demo, diagnostics via observation worksheet • ID communication elements/establish concept of cues/clues <p>How To Get There from Here</p> <p>Relevance of Warm-Ups</p>	Demo & Interactive Discussion <i>Observation Worksheet</i> <i>Body Language Exercise Power Pose-Thought to Action Handout</i>
11:35- 12:30	<p>One-on-One Coaching & Group Diagnostics</p> <ul style="list-style-type: none"> • Max 10 minutes/participant: individual 	Heeling coaching and group diagnostics <i>Observation</i>

	heeling coaching <ul style="list-style-type: none"> • Participants and observers observe and participate in diagnosis 	<i>Worksheet</i>
12:30 – 1:15	L U N C H	
1:15 – 1:40	Group Exercise Two	
1:40 – 2:40	One-on-One Coaching & Group Diagnostics (as above)	
2:40 – 2:55	COFFEE	
2:55 – 3:25	Group Exercise Three	
3:25 – 4:25	One-on-One Coaching & Group Diagnostics (as above)	
4:25 – 5:00	<ul style="list-style-type: none"> • Wrong in the Ring – Group Exercise • Farewells 	