

Engagement Workshop: Embracing Distractions & Arousal to Get Amazing Focus & Connection

Schedule

(All times are Eastern Time)

9 am – 9:15 Welcome and *live* intro and overview

Overview of what we mean by “engagement and arousal” on course, how the day will run, general concepts such as:

- Getting to know you (learn your dog, individual needs of the animal at the end of your leash, and what is needed for the sport).
- Types of distractions, internal environment and external environment—both things we expect and things the individual presents.

9:15 – 9:50: Developing the Toolbox, Part 1

Learn about states of arousal and how we can change them to optimize them for the task at hand. *Prerecorded video followed by a live lecture, discussion, and Q&A.*

9:50 – 10 Break

10 – 11:20 Developing the Toolbox, Part 2 and Part 3

Part 2, Foundation Reinforcement Procedures: What to put in place BEFORE we train things! These tools are fabulous for increasing success, improving engagement, reducing stress and frustration, and layering (adding) in arousal. *Prerecorded video followed by a live lecture, discussion, and Q&A.*

Part 3, The Volume Dial: “Porridge Heating” and Changing Variables - Learning to use the volume dial of arousal in any environment. *Prerecorded video followed by a live lecture, discussion, and Q&A.*

11:20 – 11:30 Break

11:30 – 12:15 Developing the Toolbox, Part 4

Defining and setting up proper success rates, plus how to “pick your battles” in training, how to handle errors and build “resilience,” what to do after a really bad training session. *Prerecorded video followed by a live lecture, discussion, and Q&A.*

12:15 – 1:15 Lunch Break

1:15 – 2:25 Live Game Part 1: Foundation Reinforcement Procedures and The Volume Dial Games

There will be a short, prerecorded demo of the games that the Premier teams will be doing. Afterward, Tracy will discuss the games and answer any questions.

There will be no more than six Premier (working) dog/handler teams. Each working team will have time to be onscreen and work on the exercises and receive feedback from Tracy. The rest of the students in the workshop will watch. After all working dogs are finished, Tracy will wrap things up and have a live Q&A.

Note: Each working dog/handler team gets about 4-5 minutes “on the field” for each turn, with approximately 2 turns for each game.

2:25 – 2:30 Break

2:30 – 3:40 Live Game 2: Handling with Connection to Improve Engagement—How to be Perfect (with an Eye on Reinforcement Procedures)

Same process as above.

3:40 – 3:45 Break

3:45 – 4:55 Live Game 3: When We Aren't Perfect—How to Maintain Engagement and Optimized State on Course

Same process as above.

4:55 – 5 Break

5 – 5:30 Live Wrap-Up

How to track and plan for the future, how to generalize the behavior, and Q&A.