

# 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 and 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**

**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 Facilitation Team**



**Ellie Beals and David Skinner are a husband-wife team of obedience competitors. For 2013, Ellie and her GMOTCh partner Fracas (80+ HITs, winner of the 2012 HIT of HITS, and 4 placements in the Obedience Top Ten in the last five years) were the number two ranked obedience team in Canada, and David and his young MOTCh partner Gyro debuted in the Top Ten list as the fifth-ranked team. As of August 2014, David and Gyro were the top-ranked Canadian obedience team, and Ellie and Fracas 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.**