



The Dog listener ~ Relationship ARTT Consulting 'Learn the ARTT of Listening'

Mission:

*To build better relationships through communication, trust and connection.
To educate pet parents on humane and holistic dog ownership in a way that improves quality of life. To provide dogs with healthy social experiences, and a stress free environment.*

Relationship ARTT Consulting is a unique, modern, personalized and positive approach to behaviour modification that gives you simple strategies that work in real life, unlike many training approaches.

My name is Marika and I am a Certified Coach in Kathys Kawalecs' Dancing Hearts Partnership Lifestyle Method. My goal for my students is to teach them how to live their best life right away with their dogs by implementing real life relationship building techniques and protocols, that allow them to work through their everyday relationship challenges with their dogs, without needing to do any repetitive training sessions or needing to rely on treats and toys to get their dogs attention.

Instead you will learn how to create a strong connection with your dog based on trust, cooperation and mutual attentiveness, that will allow you to navigate life together with fluid and natural communication and a better understanding of one another.

What is Relationship ARTT?

ARTT (Acceptance, Reframing, Trust → Transformation) are the steps you need to get from where you are today, to where you want to be with your dog. Relationship ARTT Consulting will guide you through these steps on your unique journey to a cooperative partnership lifestyle with your dog so that you can love life with your dog starting today. Why wait? A lifestyle approach allows you to enjoy your relationship right away as opposed to waiting till someday when they are 'trained' and 'better behaved'.



What can Relationship ARTT consulting do for you?

The core focus is teaching people how to live their best life with their dogs starting today! Using unique lifestyle and relationship consulting and a holistic heart centered coaching approach, that will teach you the art of dog listening so that you can communicate with your dog on a deeper level.

All behaviour is communication and it starts with whispers. Through understanding your dogs whispers and their core needs, you will learn to create a strong partnership with your dog based on heart felt connection, communication and trust, so that you can stop training and start loving and living your best life together today. No matter what your breed or behaviour struggle. Learning to understand your dog is at the core of the issue! Your dog doesn't need more training, better treats or toys to learn to be 'better behaved', they just need to be listened to and thats exactly what you will learn how to do.

A big misconception in the dog training world is that we must pay our dogs to work for us. This simply is not true!

"While there's nothing wrong with giving your dog things like tasty treats and fun toys, they are not viable means to build a trusting partnership lifestyle with your dog" - Kathy Kawalec

Dogs are incredibly intelligent social beings that thrive on deep and meaningful relationships with humans that go far beyond being an employee, simply treating and praising your dog for good behaviour does not meet their core needs. They want to be truly valued for who they are and not what they do.

"While transactions have a place in dog training, your love for one another shouldn't be solely based on transactions. A relational relationship with your dog is where your dog feels safe, calm, and happy in your presence because they trust you." - Kathy Kawalec

You will learn to meet your dogs core needs, how to teach them using social intelligence which is much easier and more efficient then training and how to live a life together that is safe calm and happy!

And why is feeling safe calm and happy important in our relationships with our dogs?

"Social animals have evolved to form circles of safety where members of the tribe, herd, and family feel safe and like they belong. The natural response to feeling safe amongst our own is trust and cooperation." - Simon Sinek

Another fundamentally flawed concept in the dog training world is the idea of Leadership. Its true do need leadership and boundaries but a good leader is not dominant, forceful or coercive. Relationship ARTT consulting teaches you to be the kind of leader your dog really needs!

"The main characteristic of an alpha male wolf," Rick says, "is a quiet confidence, quiet self-assurance. You know what you want to do; you know what's best for the pack. You're very comfortable with that. You have a calming effect. Point is, alpha males are surprisingly nonaggressive, because they don't need to be." — Carl Safina, Beyond Words: What Animals Think and Feel



How does a lifestyle approach differ from a training approach?

We begin by teaching a brand new set of foundational partnership communication skills that teaches you and your dog, mutual attentiveness and responsibility for ours and their behaviour. We do this by implementing simple relationship building exercises (not obedience commands) into your daily engagement with your dog, that make learning fun and easy, rather than long boring training sessions that cause frustration and switch the brain off to any new learning. By collaborating with our dogs in a way that's easy and fun for them in your everyday life in real time, we create new good habits and real life behaviour changes.

In a Relationship ARTT's program you will learn how to truly communicate together, rather than just teaching cued behaviours like sit, down and stay which often fails in real life situations. In most cases dogs would rather choose the fun thing, over sitting or lying down and receiving a reward for doing so. Why? Because when we rely heavily on teaching cued behaviours to control our dogs' behaviour, this actually creates dependency and always needing to be told what to do, it suppresses their natural behaviour and leaves them in an unnatural tense state of being, it does not acknowledge or treat the root cause of the behaviour, which causes the dog a lot of stress and anxiety.

So instead we focus on building trust, confidence, connection and mutual attentiveness and through learning natural communication, which as the name says is more natural for us and our dogs to learn. Natural communication teaches dogs to learn to self-regulate and be responsible for their own actions.

We also discuss how to set fair and appropriate boundaries and meeting the real needs of your dog. Not meeting your dog's needs impacts and creates behaviour problems more than most dog owners realize.

You will also learn about all the amazing benefits of taking a holistic approach to not only transforming your dog's behaviour but also how it affects their physical health and wellbeing.



How dogs learn

Dogs learn through feedback and learn things in as little as 3 repetitions, that's right new habits good or bad can be formed that easily. Feedback can be both positive and negative and is most effective given in the moment that a behaviour occurs to have an effect on their learning. The reason we use a positive approach and focus on positive feedback is that this is the most effective and efficient way for dogs to learn. A dog cannot learn when they don't feel safe. Their nervous system shuts down and no new information can be retained.

When we use punishment such as a correction, the dog does not learn what we would like them to do, what they do learn automatically as a survival technique is to suppress the behaviour they were corrected for. They have no way of knowing what the right choice is, and on top of this, their trust and confidence in you diminishes. The reason punishment is also less efficient is that to be effective you must use punishment 100% of the time and it must be timed expertly, in the very millisecond that the behaviour occurs. For most people this is a nearly impossible task, which leaves the dog even more confused with such inconsistency, not allowing them to learn what they are even being punished for. Punishment in any form leads to a fight or flight stress response in the nervous system which is automatic, meaning your dog doesn't choose this response, and this causes the brain to shut down and no learning takes place when the brain is in this state. Repeated exposure to punishment leads to learned helplessness which basically means the dog is afraid to try anything new or respond to us in fear of getting it wrong. Long term exposure to stress leads to not only mental but physical health issues.

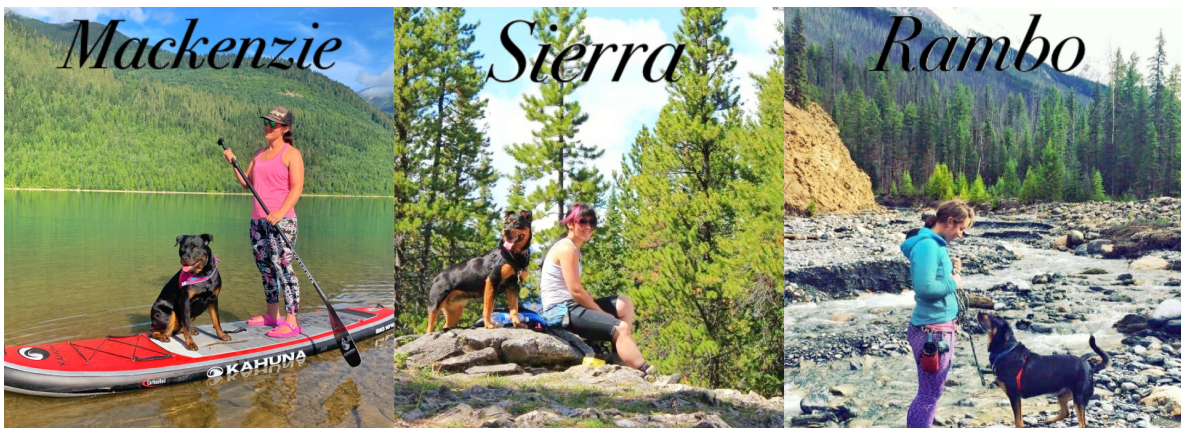
Luckily for us humans, for a dog to learn through positive consequences, you don't have to use it 100% of the time and you don't need expert timing either, you already have all the skills you need and there's no risk of side effects if you get it wrong. Mistakes are part of learning and a stepping stone to success.



Relationship ARTTs Programs

Relationship ARTT programs are for all ages from brand new puppies to seniors, for all levels of experience from new dog owner to advanced and for all behaviour issues from being distracted, pulling on leash, not coming when called, fear, barking & lunging and reactive behaviour to other dogs and people. Programs as opposed to one off lessons, allow you to achieve real behaviour change through systematically teaching you and your dog the baby steps to succeed and establishing new life long habits.

I offer both in person and virtual learning options. While virtual learning may seem scary or unusual at first, rest assured you can get just as much out of it as in person lessons, virtual live lessons include live demos and live coaching to ensure you are comfortable with the new skills you have learnt but you also get access to recorded demos to refer to whenever you need them. Most real life situations never happen in front of your trainer, even when you schedule in person lessons, dogs are never quite themselves and neither are you when your being watched and so in many ways virtual coaching and lessons are even more effective in that sense as it allows you to truly focus on your dog and develop that strong connection without the distraction of another person which in a reactive dogs case can slow down your progress.



Meet the beautiful dogs that have changed my life and taught me the most valuable lessons that I now share with my students.



All programs include the core Relationship Foundation lessons that apply to all ages and stages regardless of yours or your dogs experience level as you will be learning a brand new relationship centred approach. These lessons are customized to your dogs individual needs and will include:

Learning skills for a partnership lifestyle built on trust and connection with your dog , so that...

- your dog comes running eagerly, when you invite them!*
- your dog patiently waits at doorways, and gateways until you invite them through...without training a sit/stay.*
- you and your dog learn the basic skills of leash walking in partnership.*
- you and your dog understands how to greet people calmly.*
- you have the skills to communicate with your dog, so that your dog understands, and loves to listen.*
- you have the skills to help your dog feel calm and connected to you out in the world*

In addition to your lessons you will be provided with mini video lessons and resources to refer to in between lessons. You will also have short in between lesson homework exercises to help you solidify your learning and maximize your progress.

Management and prevention is a key aspect and focus in all programs for all dogs but especially for those with challenging behaviours and clients must be willing to take on and apply all recommended advice to allow you to reach your desired relationship goals with your dog.

If your dog has multiple behaviour issues, or strong reactivity to people or dogs and you are really struggling to manage them in daily life, the best option is the Relationship ARTTs Program as it includes the most support and guidance. However all programs contain the information and learning that you will need to begin to work through your challenges and are suitable for all behaviour issues.

Before you get started you are invited to a free 30 minute discovery call to answer any questions. This is an introductory meeting where we can get to know each other better, in which we cover your dogs history, current behavioural issues and most importantly your goals that you hope to achieve in your relationship so we can discuss setting a realistic timeframe for you to work towards your relationship goals.

*Check out this blogpost for more information on The Dog listeners approach and core philosophies. <https://dancingheartdogacademy.com/transactional-vs-relational/>



Listening ARTT'S Program - 6 weeks in length

This program is a great foundation for all ages that is fully customized to your specific needs, an introduction to the ARRT's of listening . It is designed so you can start loving life with your puppy or dog right now today! (Why wait?)

Lessons can be delivered virtually or a combination of in person in a suitable learning environment (Revelstoke locals only) and virtually live with your coach. (Determined by your dogs needs)

*For dogs or puppies with complex behaviour challenges like reactivity, fear/anxiety additional lessons may be required to achieve your goals.

Includes:

- 4 x Relationship Foundations lessons (approximately 60-90 minutes)
- Video demos and email summary after each lesson to keep you moving forward between lessons
- A relationship success plan for 1-2 of your most pressing issues
- Virtual coaching support available between lessons during the program to work through your challenges
- Discounted follow up lessons available (valid within 6 months after program completion)

Investment:

- Starting at \$700*upfront or 2 x instalments of \$360 or 3 x instalments of \$245 (prices don't include tax). \$50 discount if all lessons are completed virtually.

*payment required upfront prior to first lesson

Details:

- If all lessons cannot be completed in the program time frame, a \$30 fee is charged per lesson scheduled outside of the program time frame

Ready to get started or need more information? Great! Your next step is to book your free discovery call so I can get to know a little about your dog and your goals.



Relationship ARTT's Program - 6 months in length

A full foundation of learning the ARTTs of dog listening for all ages stages and issues!

This fully customized program will give you the skills you need to work through your challenging challenges and prevent future problems as you master communication with your dog, create more confidence, trust and cooperation and of course its perfect for puppies too!

Lessons can be delivered virtually or a combination of in person in a suitable learning environment (Revelstoke locals only) and virtually live with your coach (determined by your dogs needs).

In addition to the core relationship foundation lessons, the second phase of learning covered in the Relationship ARTTs program is guiding you through implementing partnership principles more into your daily life so your relationship can really begin to blossom and we also focus more on the advanced skills of leash walking and staying connected to your dog around distractions and triggers and helping you work through your challenges in more depth by creating a success plan for 3-4 of your most pressing issues.

Includes:

- 6 x Relationship Foundations lessons in months 1-3 (approximately 60 - 90 minutes)
- 2 x Follow up coaching lessons in months 3-6 (approximately 60 - 90 minutes)
- Video demos and email summary after each lesson to keep you moving forward between lessons
- A relationship success plan for 3-4 of your most pressing issues
- Unlimited live virtual coaching support during the program to work through your challenges
- 1 bonus virtual live follow up coaching session (valid within 6 months of program completion)
- Unlimited discounted coaching available for 6 months after program completion

Details:

- If all lessons cannot be completed in the program time frame, a \$30 fee is charged per lesson scheduled outside of the program time frame

Investment: starting at \$1300 *upfront or 2 x instalments of \$660 or 3 x instalments of \$445 (prices don't include tax). \$100 discount if all lessons are completed virtually.

*payment required upfront prior to first lesson



Relationship & lifestyle kickstart

Not sure if a program is for you or maybe your schedule doesn't currently allow for a long term commitment?

Then the Relationship & lifestyle kickstart is the perfect choice.

This mini program is designed to kick start your progress and is fully customized to your needs.

Available in person and virtually no matter where you live!

A solid introduction to living cooperatively with your dog, for all ages and stages and behaviour struggles including reactivity, fear, anxiety, leash pulling and new puppy's. You will learn how to enjoy life more with your dog starting right away! Why wait till someday when your dog is "better behaved"

Start learning how to "be a dog listener" and communicate more effectively with your dog and finally understand their behaviour so that your connection becomes stronger and you develop a beautiful partnership.

No boring repetitive training sessions, just real life holistic and heart centred strategies that work in real life.

If you decide to continue working with me then the price of the consultation gets deducted off your program purchase price*

Includes:

- 1 x 30 minute discovery call
- 1 x 90 min consultation (in person or virtual)
- 1 x 60 min follow up check in (in person or virtual)
- Written implementation kick start success plan + additional resources
- 1x discounted follow up lesson available to purchase (valid within 3 months after check in)

Investment: \$350.00 (+ tax)

Ready to get started or need more information? Great! Your next step is to book your free discovery call so I can get to know a little about your dog and your goals.