

MEET YOUR TRAINER

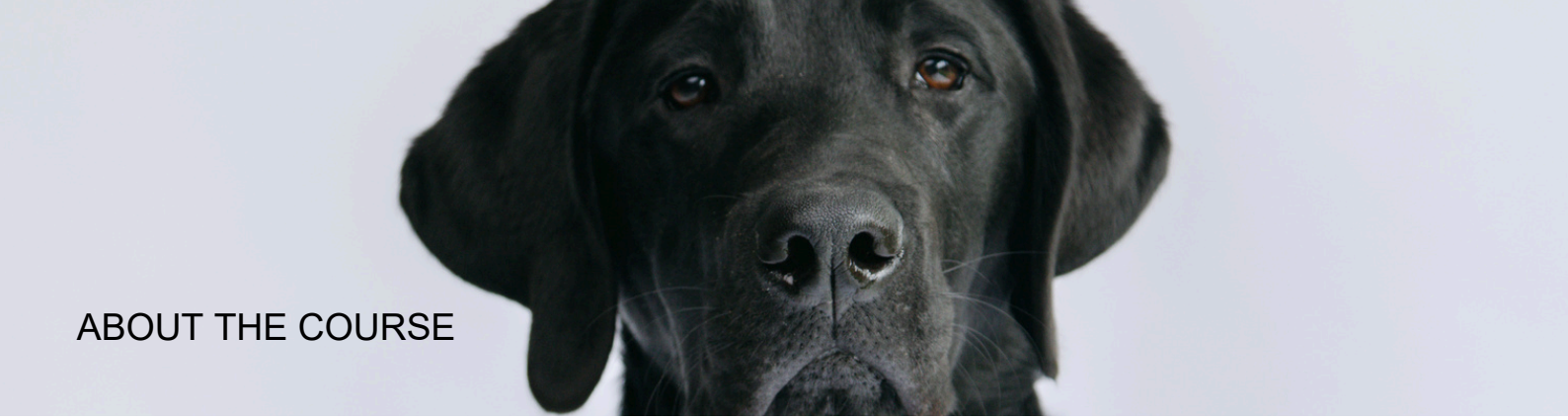


CHRISTINE

IGDF Guide Dog Trainer
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Cert IV Companion Animal Services

Christine has spent time working with animals in shelters, canine hydrotherapy centres, boarding facilities and charities across Sydney. Christine became an accredited Guide Dog Trainer where she has been responsible for assessing and training Guide Dogs during the past seven years.

Christine lives in Canberra with her husband and two rescue dogs: Sally, the 12 years old Kelpie and Harper the 5 year old Koolie crossbreed.



ABOUT THE COURSE



Week 1: Foundation & Communication
This week is all about resetting your relationship, understanding how your dog learns, and establishing a clear line of communication.

- **Positive Reinforcement:** Discover the science of how dogs learn. We master timing, high-value rewards, and how to capture the behaviours you actually want to see.
- **Body Language:** Learn to read your dog's subtle signs. We decode stress signals, arousal levels, and comfort zones so you can advocate for your dog in any environment.
- **A Polite Dog:** Setting boundaries without conflict. We tackle impulse control basics, teaching your teenager that calm behaviour is the ultimate key to getting what they want.
- **Earn to Learn:** Transition from handing out "free" treats to using your dog's daily kibble and resources as real-life rewards for good choices throughout the day.



Week 2: Mental Health & Biological Needs
A tired dog isn't always a satisfied dog. This week focuses on filling your dog's cup to reduce frustration, barking, and destructive teenage behaviours.

- **Meeting A Dog's Needs:** We look at the unique predatory, physical, and social drives of your specific dog to ensure their biological needs are being met constructively.
- **Enrichment:** Move past standard walks. Learn how to use sniffing, foraging, and problem-solving puzzles to mentally tire out your high-energy adolescent.
- **Decompression:** Teaching your dog how to switch off. We dive into the power of decompression walks and down-time to lower cortisol and stress levels.
- **Body Handling:** Set your dog up for stress-free vet visits and grooming. We practice cooperative care, gentle handling, and body checking confidence.



Week 3: Real-World Focus & Mechanics
Teenagers get distracted easily. This week introduces the core mechanics needed to keep your dog's attention when the world around them gets exciting.

- **Understanding Cues:** Learn how to build reliable verbal and visual cues without needing to repeat yourself or rely on bribing your dog.
- **The Three D's** (Distance, Duration, Distraction): We systematically build up your dog's skills by safely layering these three elements.
- **Staying Focussed:** Engagement games designed to make you the most interesting thing in the environment - even around other dogs, people, or wildlife.
- **Place Training:** Building a reliable "go to your mat" boundary. This is your ultimate tool for a calm household when visitors arrive or when you are eating dinner.



Week 4: Proofing, Safety & Celebration
We bring all our skills together into real-world safety applications, finishing with a celebration of how far you and your dog have come!

- **Loose Lead Walking:** Say goodbye to being dragged down the street. We master the mechanics of a relaxed, loose-lead walk around real-world triggers.
- **All About Recall:** Building bulletproof recall. We train a reliable return-to-owner cue that works even when your dog is off-lead.
- **Water Safety:** Learn safe water entry, exit boundaries, and hydration safety.
- **Graduation Photos:** Celebrate your hard work! We wrap up our final session with professional graduation, and and your accomplished graduate.