

# **YOUR PERSONAL ANIMAL TRAINING MASTERY PLAN [USING A MOST POSITIVE, LEAST INTRUSIVE APPROACH]**

The key to mastery is action! - One  
approximation at a time!

#growthmindset



At Animal Training Academy, we know you want to master your animal training skills using a force-free [most positive, least intrusive] approach.

And that in order to handle the variety of challenges you face, you need a broad knowledge & experience base.

The problem is that we all get stuck and hit rough patches in our training which can leave us feeling overwhelmed & helpless.

We don't want anyone feeling like this, though, as we believe everyone should be empowered to positively impact the lives of the animal and human learners they come into contact with.

And we understand what it's like to feel defeated & stuck when faced with a training challenge. This is why the Animal Training Academy was founded. And since 2015, we have been fortunate enough to help thousands of trainers globally to expand their knowledge, further develop their skills, grow their confidence and positively impact the lives of the animal and human learners they work with.

Here's the plan;

- 1) Follow along via weekly instructions [either via email or on FB]
- 2) Experience growth in the specific area the program is focused on [Skills, Knowledge, Efficiency and Confidence]
- 3) Build better training practices that positively impact the lives of all the animal and human learners you work with, [including your own]

We want to see you avoid embarrassment, overwhelm and burnout. Instead, we want to see you build resilience to setbacks, get more organised, and grow your training skills and knowledge. In short, we want to see you enjoy confidence in yourself as a trainer and lead a fulfilling life positively impacting the lives of the animal and human learners you work with.

# Your growth calendar \*

- Nov 2022 - PORTL [reinforcement systems]
- Dec 2022 - PORTL 2 [To Be Decided]
- Jan 2023 - Enrichment
- Feb 2023 - ABA [& multidisciplinary approach]
- March 2023 - Genetics **or** Ethology **or** Vet/physiology
- April 2023 - Choosing what behaviour change procedures to use.
- May 2023 - Flow charts
- June 2023 - Sarah Owings Rubric [planning, implementing, review - & repeat!]
- July 2023 - Master schedules [maximising use of your own time and avoiding burnout]
- Aug 2023 - Growth mindset
- Sept 2023 - Crucial conversations
- Oct 2023 - 'Trick training' month



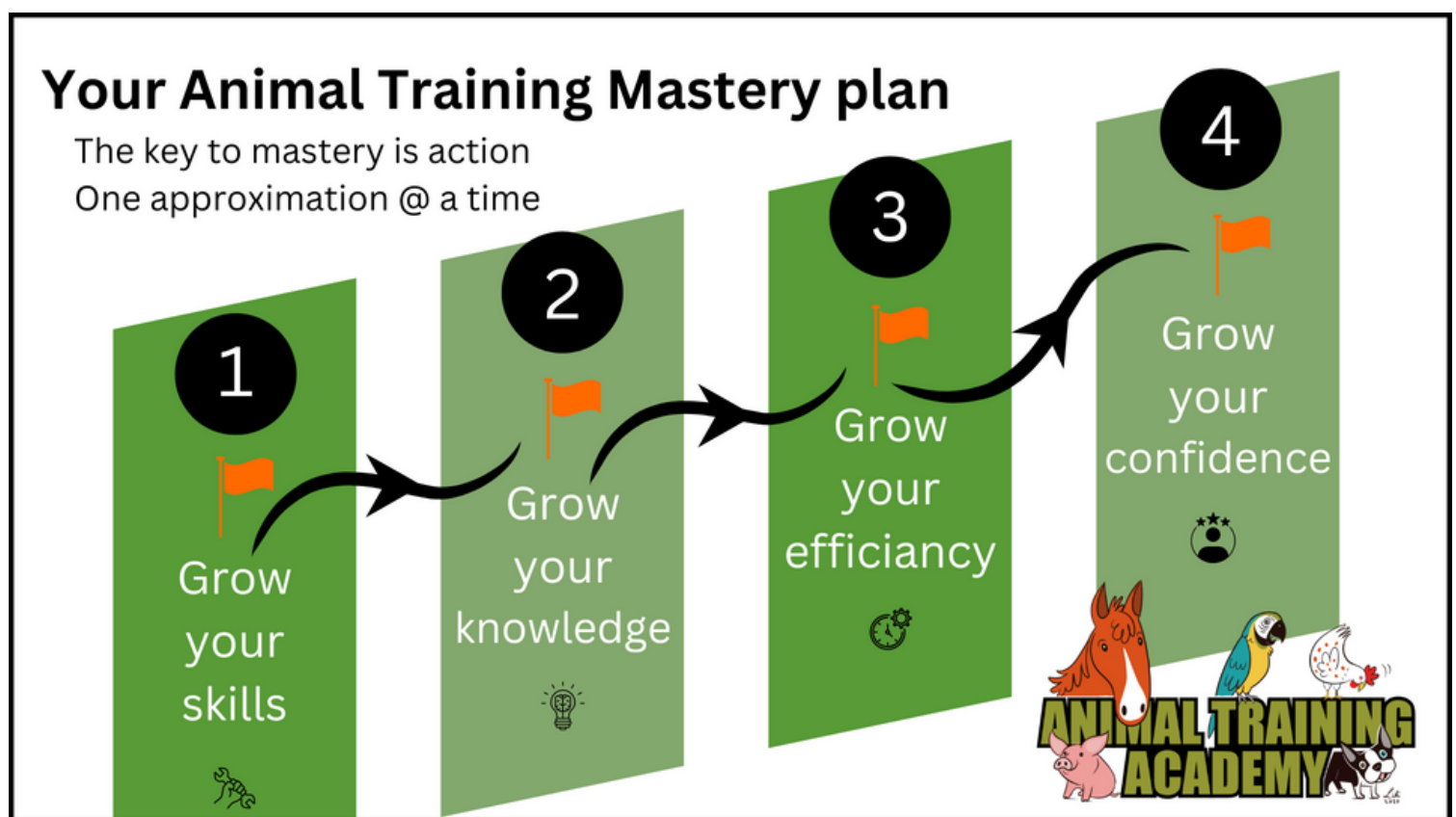
## Growth Calendar Key \*

Blue - Program 1 - growing your skills

Black - Program 2 - growing your knowledge

Red - Program 3 - Efficiency [Personal, organizational growth]

Green - Program 4 - Growing your confidence



## How to use this book

Print this book out [or use the digital version] and keep track of your progress monthly - to help you master your training skills, knowledge, efficiency and confidence [one approximation @ a time!].

\* Note for ATA ripple makers [members];

This plan and 'growth calendar' is being run for the first time ever within Animal Training Academy.

The topics and structure are fluid and may change at short notice based on resources and feedback from you - the ATA member.

We are grateful for any feedback about this curriculum to help us spread even more positive reinforcement ripples around the globe

Please share your thoughts and/or questions at any time. You can do so in the member-only FB group, in the website forums, or you can email Ryan Cartlidge directly;  
[ryan@animaltrainingacademy.com](mailto:ryan@animaltrainingacademy.com)

# Program one - Grow your skills

November 2022

Monthly growth topic: \_\_\_\_\_

Tick if you completed the task for the week;

- Week 1 ☐
- Week 2 ☐
- Week 3 ☐
- Week 4 ☐

At the start of this month, where do you feel your skills and knowledge are on this topic?

[Mark below where you feel you are. 1 being low skills/knowledge. 5 bring high skills/knowledge.



Repeat the above activity at the end of the month



How did your rating change over the month?

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What is one thing you did to improve your skills this month that you really liked?

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What is one new thing that you learned this month?

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If you were to repeat this growth topic next year, what is one small change you would make?

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Scratchpad [a space for notes,  
scribbles, drawings etc..]



# Program one - Grow your skills

December 2022

Monthly growth topic: \_\_\_\_\_

Tick if you completed the task for the week;

- Week 1 ☐
- Week 2 ☐
- Week 3 ☐
- Week 4 ☐

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# Program one - Grow your skills

January 2023

Monthly growth topic: \_\_\_\_\_

Tick if you completed the task for the week;

- Week 1 ☐
- Week 2 ☐
- Week 3 ☐
- Week 4 ☐

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Scratchpad [a space for notes,  
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# Program two - Grow your knowledge

February 2023

Monthly growth topic: \_\_\_\_\_

Tick if you completed the task for the week;

- Week 1 ☐
- Week 2 ☐
- Week 3 ☐
- Week 4 ☐

At the start of this month, where do you feel your skills and knowledge are on this topic?

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Scratchpad [a space for notes,  
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# Program two - Grow your knowledge

March 2023

Monthly growth topic: \_\_\_\_\_

Tick if you completed the task for the week;

- Week 1 ☐
- Week 2 ☐
- Week 3 ☐
- Week 4 ☐

At the start of this month, where do you feel your skills and knowledge are on this topic?

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Scratchpad [a space for notes,  
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# Program two - Grow your knowledge

April 2023

Monthly growth topic: \_\_\_\_\_

Tick if you completed the task for the week;

- Week 1 ☐
- Week 2 ☐
- Week 3 ☐
- Week 4 ☐

At the start of this month, where do you feel your skills and knowledge are on this topic?

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Scratchpad [a space for notes,  
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# Program three - Grow your efficiency

May 2023

Monthly growth topic: \_\_\_\_\_

Tick if you completed the task for the week;

- Week 1 ☐
- Week 2 ☐
- Week 3 ☐
- Week 4 ☐

At the start of this month, where do you feel your skills and knowledge are on this topic?

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Repeat the above activity at the end of the month





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Scratchpad [a space for notes,  
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# Program three - Grow your efficiency

June 2023

Monthly growth topic: \_\_\_\_\_

Tick if you completed the task for the week;

- Week 1 ☐
- Week 2 ☐
- Week 3 ☐
- Week 4 ☐

At the start of this month, where do you feel your skills and knowledge are on this topic?

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Scratchpad [a space for notes,  
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# Program three - Grow your efficiency

July 2023

Monthly growth topic: \_\_\_\_\_

Tick if you completed the task for the week;

- Week 1 ☐
- Week 2 ☐
- Week 3 ☐
- Week 4 ☐

At the start of this month, where do you feel your skills and knowledge are on this topic?

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# Program four - Grow your confidence

August 2023

Monthly growth topic: \_\_\_\_\_

Tick if you completed the task for the week;

- Week 1 ☐
- Week 2 ☐
- Week 3 ☐
- Week 4 ☐

At the start of this month, where do you feel your skills and knowledge are on this topic?

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Scratchpad [a space for notes,  
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# Program four - Grow your confidence

September 2023

Monthly growth topic: \_\_\_\_\_

Tick if you completed the task for the week;

- Week 1 ☐
- Week 2 ☐
- Week 3 ☐
- Week 4 ☐

At the start of this month, where do you feel your skills and knowledge are on this topic?

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Scratchpad [a space for notes,  
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# Program four - Grow your confidence

October 2023

Monthly growth topic: \_\_\_\_\_

Tick if you completed the task for the week;

- Week 1 ☐
- Week 2 ☐
- Week 3 ☐
- Week 4 ☐

At the start of this month, where do you feel your skills and knowledge are on this topic?

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