

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



Growth Calendar Key *

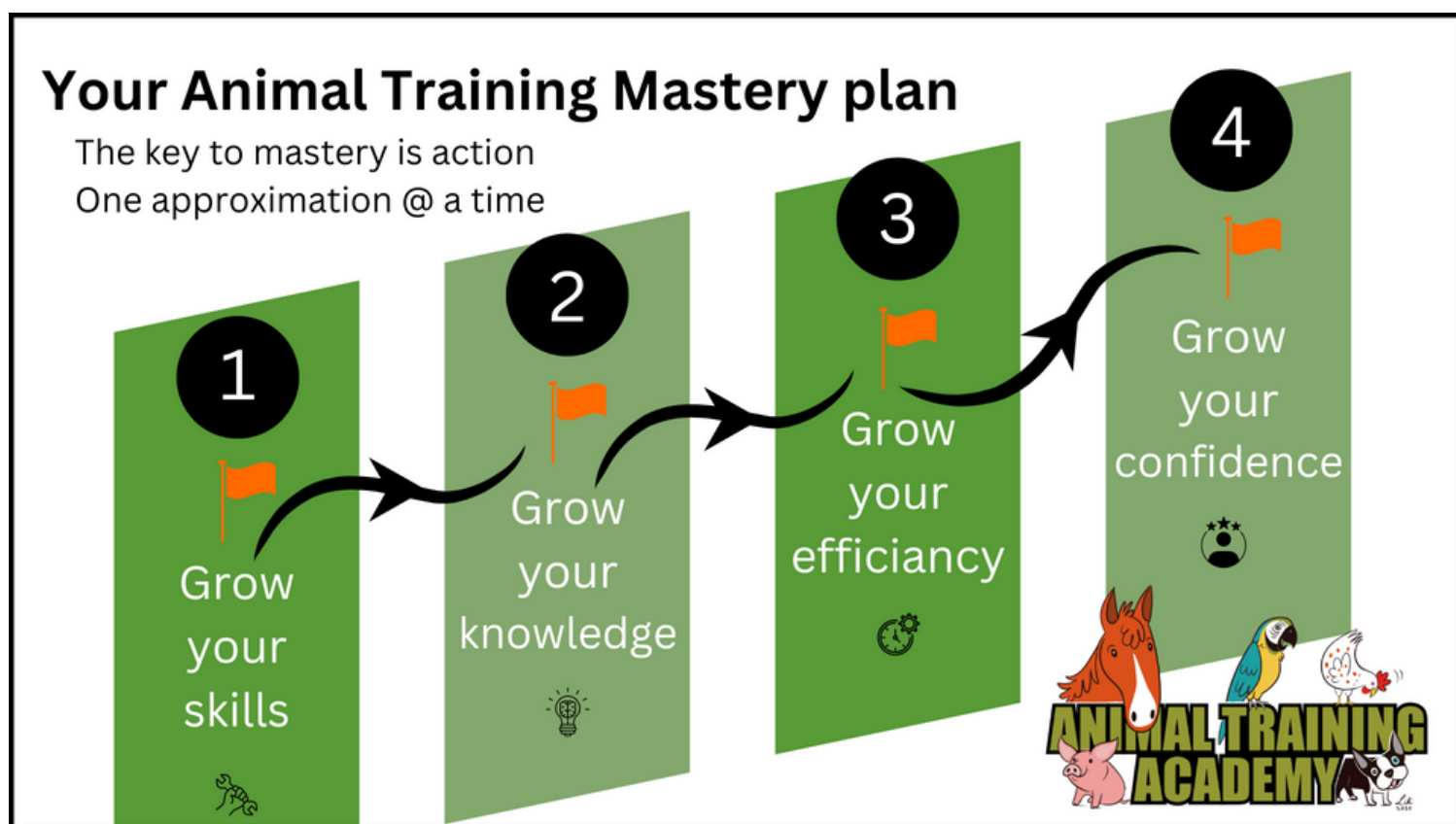
Note: The schedule and months for specific topics are subject to change.

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 second 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

Program one - Grow your skills

November

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?

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

What is one new thing that you learned this month?

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

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

Program one - Grow your skills

December

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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Program one - Grow your skills

January

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 two - Grow your knowledge

February

Monthly growth topic: _____

Tick if you completed the task for the week;

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

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Repeat the above activity at the end of the month



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Program two - Grow your knowledge

March

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 two - Grow your knowledge

April

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 three - Grow your efficiency

May

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

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 three - Grow your efficiency

July

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 four - Grow your confidence

August

Monthly growth topic: _____

Tick if you completed the task for the week;

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

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Repeat the above activity at the end of the month



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

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

September

Monthly growth topic: _____

Tick if you completed the task for the week;

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

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

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

October

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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