

REPAIRING REACTIVITY

With Kirsty's Paws



Website : www.kirstypaws.co.uk
Email : info@kirstypaws.co.uk

WELCOME

Fearful and over reactive behaviour won't go away on its own. Your Dog won't grow out of it. Left untreated, both the frequency and the intensity of the problems will increase.

Reactivity is one of the hardest behaviours to deal with but have you ever wondered why that is? You may never have even thought about reactivity before having a reactive Dog, but now when they start reacting, you find yourself reacting too! You may get stressed at the very thought of going for a walk.

Of course, it is not their fault. They are acting in response to an emotion - that might be fear, anxiety or frustration - and, when they react, that can make them feel better in the moment so they keep doing it.

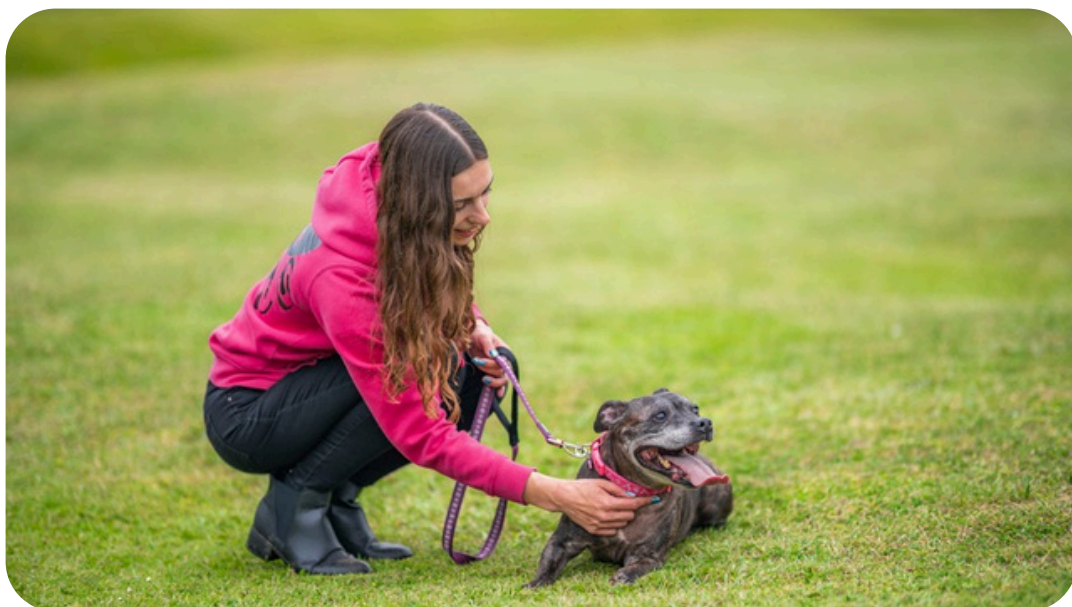
But we can teach them a better way.

We can give your Dog new ways to respond that also feel good and over time they can start to ignore what once caused a meltdown or maybe even enjoy meeting other Dogs or new people.

In order to make this shift, we need to create a calmer space for our Dogs. They can't learn when they are stressed.

This is why you'll benefit from my Repairing Reactivity Programme. This programme will give you all the support you need to help repair your Dog's reactivity.

In Repairing Reactivity you will develop the right skills to teach calm and accommodate your Dog's reactivity in a simple and enjoyable way. You'll learn practical ways to keep your Dog's focus when there are distractions, how to manage situations where things are less than ideal and how to recover when it feels like everything is going wrong.



MEET YOUR TRAINER



KIRSTY EVERARD OF KIRSTY'S PAWS

Highly qualified, award winning and experienced Dog Trainer

To ensure I can give you the best support I have a level 6 Advanced Diploma in Canine Behaviour with Distinction. I am a Member of the IMDT, an Approved Dog Trainer with the Dog Training College and Certified Puppy Training Specialist. I have been working with Dogs since 2011 and established Kirsty's Paws in 2018.

I am proud to have won multiple awards for my services.

Training with Kirsty's Paws will help to reduce your stress, improve your Dog's behaviour and enhance the well-being of both you and your Dog so that you can live stress free and enjoyable lives together.

Together we can train your Dog using kind, fun and effective techniques, using reward based methods to provide you with simple, practical and effective solutions that promote good behaviour.

PROGRAMME OUTLINE

There are eight core areas form the basis of your Repairing Reactivity Programme to ensure you mend reactivity and enhance your relationship with your Dog.

In each module you will build core skills and make steady progress until you have mastered each area. By the time you complete our programme you will have clear step by step instructions to help you navigate difficult behaviours with ease.



PROGRAMME CURRICULUM

1

UNDERSTAND

Learn what is behind your Dog's over-reactivity and why the impact is so great for you. Understanding creates compassion for you both.

- Understand Reactivity
- What causes this over-reactive behaviour
- What does reactivity look like
- Fun Fact- Alpha still Alpha (E-book)
- Both ends of the Leash
- Learning the ABC
- Trigger Stacking and Identifying Triggers
- Traffic Lights for Managing Threshold
- Training Terms Trivia
- Why is Reactivity hard for us?

5

ESSENTIAL SKILLS

Learn the core skills that will help you and your Dog make progress by starting training away from triggers.

- What Dogs Need
- Muzzle Training
- Look at That- Why
- Look at That-How
- Holding the Lead
- Long Line Technique
- Bringing Your Dog to a Stop
- Treat Game/ Positive Interrupter
- Reliable Recall
- Loose Leash Walking - 300 peck
- Let's Go/ Emergency U-turn

2

OBSERVE

Tune your observations skills and learn to interpret your Dog's communication

- Health Check
- Physical Clues
- Nervous System Response
- What are your Dog's Candles (download)
- Nutrition and Bodily Needs
- Intro to Reading Body Language
- All about the Tail
- Discovering your dogs favorite treat
- ACE Free Work
- Using diaries

6

GROW YOUR RELATIONSHIP

Having a happy and healthy relationship with your Dog will have a huge impact on your training success.

- Relationship Building Activities
- Exercise, Enrichment & Play
- Words Matter
- Teaching a Settle
- Reinforcers. What your dog likes
- The Counting Game
- Nose Target to hand
- Teaching Middle
- Fun to Focus

3

RESET

Press the reset button for you and your Dog, so that you can begin to build a new future.

- Less is More
- Take a Breath
- Sleep
- The Deconstructed Dog Walk
- Practical Alternatives to Walking Outdoors
- Miracle to Management
- Managing Access to Trigger
- Intro to TTouch
- Multi-Dog household - Preventing Additional Stress

7

ADVANCE YOUR SKILLS

Build on the skills you have developed with controlled exposure to real triggers

- Influencing Behavior
- Changing Associations
- Hazards and Risk Assessment
- Getting your dog's attention to move away
- Prompting with noise
- Ace Set Up
- The Dreaded Doorbell
- Emergency Situations
- Reducing Lead Tension- Stroking the Lead

4

BUILD CONFIDENCE

Fear and insecurity in Dogs can manifest to over reactive behaviours. Confidence building is a great way to instil courage in anxious or fearful Dogs

- Power Ups for You
- Pattern Games for Easy Walks
- 1,2,3 Treat
- The Cup Final Game
- The Bucket Game
- Intro to BAT 2.0
- Feeling Safe
- Reframing Your Response to Other People
- Enrichment

8

READY FOR THE REAL WORLD

Take your training on the road to real environments.

- What does progress look like for you
- What does progress look like for your Dog
- Successful Stealth Training
- Reactivity Bingo
- Walking with Others
- Using what's in the environment
- Practicing hazard awareness

TRAINING RESOURCES

Everything you need to ensure you receive a comprehensive, high end learning experience. Materials designed to cater to your unique learning style that will enhance understanding, encourage participation, and ensure better results throughout your programme and beyond.



Videos

High definition, professionally-filmed video tutorial lessons video library so that you and your family are all on the same page.



Handouts

Supplement your lessons to support further learning and help the entire family stay in the loop.



Journal/ Diary

Monitor your dog's growth and improvement in each area of wellness. Watch diet, interactions, car rides, and more.



Training Tracker

Designed to help track, set up goals, and quantify your progress as you head towards your goals.

HOW TO ENROLL



To enrol in the Repairing Reactivity Programme
all you need to do is follow this link:

<https://www.kirstypaws.co.uk/online-training>

When you click on the Repairing Reactivity Programme
you'll be taken through to my online school at Thinkific.

Or you can head straight to my online school at:

[kirstypaws.thinkific.com](https://www.kirstypaws.co.uk/online-training)

INVITATION TO:

*Canine Body Language
Workshop*



In person at Kinson Community Centre

SPECIAL OFFER ENDS DECEMBER 2025