

# Mindful Training for Peak Performance

## *A Mental Management® Seminar*

### **Kathy says:**

*I could feel the Mental Management techniques beginning to change me. Before I even realized what was happening, we had titled at our first NW2 competition!*

### **Michelle says:**

*I'd recommend it for anyone who would like to improve their competitive ability and reduce their day-of stress levels.*

### **Penny says:**

*I want to also give a shout out to Chuck and Teah Anders for their Mental Management Program - if you haven't done it; you should. It helped me immensely at Nationals and in all the other competitions that I do.*

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For the past 19 years, Teah Anders, Owner of Gentle Touch Pet Training, has been working with dogs and handlers helping them communicate and learn behaviors. Anders is one of the first instructors in the country certified by Olympic gold medalist, Lanny Bassham to teach his proven Mental Management System™. Teah also instructs at NACSW/Dogs of Course NW Camps, is a Trial CO and ORT CO and Judge.

For Registration Information

Contact: Tammy at (410) 259-5136

[tammy@wigglesbuttsdog.com](mailto:tammy@wigglesbuttsdog.com)

**Date: October 13 & 14, 2018**

**Hosted by: WiggleButts Dog Training, LLC  
Sykesville MD**

Once basic skills have been developed for any dog sport (including Nose Work, Agility, Obedience, Rally, Freestyle, Herding, Musical Canine Freestyle, etc.), handlers and their dog ideally need to learn to work exceptionally well together as a team for top performance. In this seminar, we will explore what makes an excellent handler and how your efficiency as a handler will affect your dog's performance in training and trialing. As a professional dog trainer, these same skills and techniques can be used in your dog training business or professional setting to deal with challenging situations, difficult clients and group presentations. In addition, these skills are critical for any dog trainer that wants their students to excel in training.

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- Understand the elements of performance so as a team you and your dog can perform at your best.
  - Learn how to focus and perform under pressure to the best of your abilities.
  - Discover what makes excellent performance easy when handling a dog.
  - Learn how to set goals that are realistic, yet will allow you and your dog to stretch as a team.
  - Develop tools to easily track your dog training performance and accomplish goals easily.
  - Learn how to have consistent performance as a handler and avoid mistakes that will throw your dog off.
  - Understand how you perceive yourself and your dog will affect your performance as a team and learn how to change that perception.
  - As a dog trainer or business owner, learn how to smoothly handle difficult situations such as the client "melt-down," unhappy clients, or unexpected events during a class or dog event.
  - Teach instructors how to help their clients be not only efficient, but stellar trainers!



**WiggleButts Dog Training is excited to announce  
Mindful Training for Peak Performance (formerly Mental Management®)  
with Teah Anders, CNWI, CMMI  
Saturday October 13 - Sunday October 14 2018**

**Workshop Dates and Times:**

**Saturday October 13: 9am-5pm**

This is a **non-working** seminar so please plan to leave your dogs at home. Topics to be covered include . . .

- \* The Mental Management® Model
- \* The Mental Management® System
- \* Performance Under Pressure
- \* Goal Setting

Max number audit spots = 30

**Sunday October 14: 9am-5pm**

You must attend Day 1 on Saturday in order to be eligible to attend on Sunday. The second day will be comprised of half-day lecture in the morning followed by a half-day working session in the afternoon. The morning lecture will cover . . .

- \* Building Self-Image
- \* Creative Goal Setting

The afternoon working session will address how to apply Mental Management® techniques to K9 Nose Work®

Max number working spots = 8

Max number audit spots = 22

**Notes:**

- \* Working Teams *must* be proficient with ALL 3 NACSW target odors (Birch, Anise & Clove)
- \* 1 working dog per handler please
- \* Dogs will be kept in crates/cars when not working
- \* This event is approved for NACSW CEUs (3 per day) and CCPDT CEUs (7 per day)



**Mindful Training for Peak Performance with Teah Anders, CNWI, CMMI**  
**October 13-14, 2018**  
**2253 Liberty Road, Sykesville, MD 21784**

Please fill out the form below. Be sure to sign the cancellation policy and liability waiver.  
Mail signed forms and payment to: **WiggleButts Dog Training, PO Box 498, Brookeville, MD 20833.**  
You will receive an email confirmation upon receipt of your registration and payment.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ email: \_\_\_\_\_

**Audit Spots:**

\_\_\_\_\_ Day 1 (\$160): Saturday, October 13 9am-5pm

\_\_\_\_\_ Day 2 (\$160): Sunday, October 14 9am-5pm

- 🐾 You must attend Day 1 to be eligible to attend Day 2.
- 🐾 There are a limited number of audit spots. Audit spots will be assigned on a first-come basis. If you do not get a spot you will be placed on a wait list and notified in the event a spot becomes available.

**Working Spots:**

\_\_\_\_\_ Day 2 (\$200): Sunday, October 14 9am-5pm

- 🐾 There are a limited number of working spots. Qualified teams will be assigned working spots on a first-come basis. If you do not get a working spot you will be placed on a wait list and notified in the event a spot becomes available.

**CEUs:**

\_\_\_\_\_ CNWI

\_\_\_\_\_ CCPDT Certification Number \_\_\_\_\_



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**Cancellation Policy:**

All cancellations must be in writing and will be confirmed by return email. Your cancellation will not be valid without a written confirmation of receipt from WiggleButts Dog Training, LLC.

**Full refund (minus a \$25 administrative fee) up to September 15, 2018**

**50% refund up to September 29, 2018**

**No refunds or cancellations after September 30, 2018**

**No refund for no-shows**

**Working spots are NOT transferrable.**

I have read, understand, and agree to the above cancellation policy:

\_\_\_\_\_ (Printed Name)

\_\_\_\_\_ (Signature & Date)

**Liability Waiver:**

I understand that attendance at a canine event is not without risk to me or my dog, because any animal may cause injury and/or damage even when handled with the greatest amount of care.

I hereby waive, release, and agree to hold harmless, TAMARA TUCKER, WIGGLEBUTTS DOG TRAINING LLC, FREEDOM LODGE #112, TEAH ANDERS, GENTLE TOUCH PET TRAINING, and their employees, volunteers, and/or agents, for injury and/or damage which I or my dog may suffer, including, but not limited to, any injury or damage resulting from the action of any animal(s) during the event or on the facility grounds.

In addition, I expressly assume the risk of such injury or damage while attending any event, any other function of Organizers, and/or while on the facility grounds or surrounding areas thereto.

I hereby agree to indemnify, compensate, and hold harmless, TAMARA TUCKER, WIGGLEBUTTS DOG TRAINING LLC, FREEDOM LODGE #112, TEAH ANDERS, GENTLE TOUCH PET TRAINING, and their employees, volunteers, and/or agents from any and all claims that may be asserted against them by any person(s) as a result of any action by me or my dog(s) that causes injury and/or damage.

I have read, understand, and agree to the above liability waiver:

\_\_\_\_\_ (Printed Name)

\_\_\_\_\_ (Signature & Date)



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**Working Team Information:**

Dog's Name: \_\_\_\_\_ Breed: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Spayed/Neutered: \_\_\_\_\_

Is this your first NW dog? Yes \_\_\_\_\_ No \_\_\_\_\_

Who is your K9 Nose Work® instructor? \_\_\_\_\_

With which odor(s) does your dog train? Birch Anise Clove

Highest NW Title Level Achieved, if applicable: \_\_\_\_\_ Date: \_\_\_\_\_

Does your dog have any behavior issues (please give details): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Does your dog have health restrictions (arthritis, allergies, etc.)? Yes: \_\_\_\_\_ No: \_\_\_\_\_

If Yes please explain: \_\_\_\_\_

\_\_\_\_\_

Is your dog up to date on vaccinations/titers? Yes: \_\_\_\_\_ No: \_\_\_\_\_

If No please explain: \_\_\_\_\_

\_\_\_\_\_

Anything else you want to share about yourself or your dog?