

ANIMAL TRAINING ACADEMY

Jean Donaldson



- * 1:40 - Ryan introduces Jean Donaldson
- * 4:00 - Jean shares about the early part of her dog training journey including stories about where she first learned about positive reinforcement animal training and some of the first animals she trained.
- * 26:00 - Jean discusses The Academy for Dog Trainers and directs people to www.academyfordogtrainers.com to find out more.
- * 29:38 - Jean talks about burnout, what it is and how it can impact dog trainers.
- * 35:41 - Jean talks about the importance of finding good, supportive communities to try to help avoid burnout.
- * 39:00 - Jean talks about the importance of working to find work/life balance to help avoid burnout.
- * 42:28 - Jean also notes the importance of self-care, having at least one or two interests that are outside of dogs and making sure to take time with your own dogs as things to do to try to avoid burnout.
- * 45:28 - Jean discussed Fear of Dogs (FOD) - the idea that people may tend to overreact to dogs who aggress, especially toward people, and especially versus comparable hazards in daily life.
- * 52:14 - Jean talks about monitoring our own behavior to make sure we catch it when we might be acting on our emotions so we can become more objective about our prognosis estimates and helping our human learners to do the same.
- * 1:01 - Jean discusses what she'd like to see happen in the next 5-10 years in the dog and animal training world.
- * 1:06 - Jean reminds everyone they can find the Academy for Dog Trainers at www.academyfordogtrainers.com.
- * 1:07 - Ryan thanks Jean for coming on the podcast & directs people to www.animaltrainingacademy.com to find out more about ATA including membership.