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## ONLINE / EMAIL / ZOOM / TEL/CELL COACHING GUIDELINES

Coaching can help you resolve issues like housetraining, barking, lunging, mouthing, jumping, resource guarding, adolescent issues, fears and phobias, separation anxiety, multiple dogs, and dog to cat. I will honestly clarify if I can help online, or whether this requires in-person coaching as a more effective, efficient, and safe approach for you, your family, and dog(s).

**My goal and approach** is to safely modify your dog's behavior in a straight-forward, positive and non-confrontational way - **at a distance**. This is not easy. With over 20 years of behavioral experience (dogs and people), I can offer an intuitive, instinctual, and experienced behavior modification plan.

**There are obvious limitations.** Some behaviors may too ingrained, habitual and/or reactive to be modified without personal, long-term guidance, Veterinary intervention, and medication. Video may be required to observe behaviors. For a list of behavior consultants in your area refer to the [International Association of Animal Behavior Consultants](#) or [Certified Professional Dog Trainers](#).

**Oftentimes**, a small intuitive change can make a big difference. It requires an open-mind and commitment from you (and others) who engage with your dog, to learn new ways of teaching and communicating. Embracing change requires patience, compassion, and a willingness to listen and practice daily. This may be different from what you are use too. It may enlighten your life too!

As a professional, it is my responsibility to offer realistic skills and resources to assist you in creating positive change for your puppy/dog's education and well-being.

### How to use Online Coaching

Like "human" counseling, it is important to gather information to best support your dog's behavior modification needs and well-being. Training, learning and behavior adjustment takes time, practice and a positive attitude.

After the initial Canine Behavior Intake (assessment) is filled out and emailed back, you will be informed if this is an effective option for you and your dog. Clarification takes about 2-days. The intake is the first ***step of awareness and change happens***.

A detailed behavior summary will be emailed within 3 days. Advice will be given during the sessions helping you begin NOW with one or two modifications.

**Email / ZOOM Coaching is set up in 30, 45 or 1-hour sessions. Telephone Advising is an option and set up the same way. A convenient time is arranged to focus on you and your dog, put down the cell and be present.**

Taking a first, in the moment step, is empowering. If this is for you ... journey below and let's begin the process together.

## Behavior and Wellness Online Coaching Fees

**Email / Zoom Coaching: \$50 / Hour.** Minimum charge for initial session is **\$30 for 30-minutes | \$40 for 45 minutes**

**Telephone Coaching: \$50 / Hour.** Minimum charge for initial session is **\$30 for 30-minutes | \$40 for 45 minutes.**

Payment is conveniently and safely set up through Dog Talk LLC PayPal. The link is at the [dogtalk.com](http://dogtalk.com). You can choose to use a credit card but must fill out the information, scan and email back to [Canine Coach](#). We use Square.

Once payment is received, usually in 48 hours, Email, Email Zoom, or optional telephone advising will begin. We set up the Zoom meeting with log-in link that will be sent to you.

If you prefer to mail your payment (check), the address is below. This may be time-consuming.

### Follow these Steps for Easy-Online-Coaching

1. Fill out the **Initial Informational Intake** after phone meet/greet.
2. Email to [Canine Coach](mailto:caninecoach@comcast.net) – [caninecoach@comcast.net](mailto:caninecoach@comcast.net).
3. You will be contacted within 2-3 business days.
4. Using PayPal, choose your options (processing usually takes 48 hours)
5. After payment is received, and the Informational Intake is processed, Maureen will contact you via Email and/or Tel/Cell to set up a convenient session time.
6. Progress evaluation/follow-up is within 2 weeks - with flexibility. You and your pup/dog need gentle practice time to shape or reshape behaviors.
7. Follow-up sessions may be needed. Please book in advance.

Join me in a deep nose-to-navel breath, imagining you and your dog can relax, play and simply be without stress for a few moments ... Breathing in for 4-8 seconds ... Holding for 4-8 ... Slowly Exhaling for 4-8 breaths. Give yourself permission to take 10-minutes a day to quiet your mind. Let thoughts flow. If you get stuck, create a phrase to say to yourself like “drop it” or “SPOT - STOP - SWAP” – letting it go to the universe. Ten minutes a day can lower your stress level and extend your and your dog’s life. Shift your mind thoughts with a simple 5, 4, 3, 2, 1 GO.

*Enjoy the Journey,*  
Maureen Ross, M.A., NCC, CPDT-KA  
Canine Coach