**Podcast outline**

* 00:00 Introductions
* 03:47 Here we learn about where Hillary first started to learn about positive reinforcement animal training and some of the first animals she ever trained using it.
* 06:58 Hillary gives some advice to those just getting started and wanting to pursue a career in animal behavior and training.
* 08:35 In this segment of the podcast we learn all about Avian Behavior International (ABI), how it got started and some of Hillary's favourite stories from getting it off the ground.
* 18:52 Hillary discusses internship opportunities available at ABI and the really neat activities and projects they get their interns to do.
* 22:18 Here we talk to Hillary about her thoughts on training companion parrots to free fly and some of the risks involved.
* 28:49 The huge benefits of outdoor aviaries for pet parrots is talked about in this part of the podcast.
* 29:37 Hillary talks to us about here experience training birds to wear harnesses and offers some great advice.
* 33:51 Hillary talks about her journey as an entrepreneur setting up an Animal Training Business and about the term Ikigai.
* 39.31 This part of the podcast is called story time and we hear from Hillary's experience so far and some of the important lessons that she has learned along the way. Specifically, she talks about the process of learning about and free flying Hayley the falcon.
* 43:24 Hillary shares her insight into what she would like to see happen in the next 5 - 10 years in the animal training world.