Sam Turner Podcast

Ryan’s introduction and welcome

4:24 – Sam discusses how she began her R+ journey

10:21 – Sam shares advice for people wanting to get started with animal training

15:30 – Sam talks about her focus shifting to working more on training trainers

17:07 – Sam defines proprioception

19:00 – Sam discusses why some dogs may be better at proprioception than others

24:24 – Sam discusses how she teaches about proprioception in her workshops

27:19 – Sam discusses how increasing proprioception skills in dogs can increase their confidence

30:00 – Sam discusses balance and coordination as another way to talk about proprioception

31:17 – Sam discusses the benefits of proprioception for a variety of people and dogs

37:57 – Sam discusses how to get started working to improve proprioception

43:37 – Sam discusses different types of proprioception equipment

46:15 – Sam discusses the importance of starting with simple things when beginning proprioception work

49:37 – Sam shares her top three reasons for increasing choice – confidence, trust and cooperation

53:00 – Sam discusses how people can begin incorporating more choice and control in their training, how she incorporates it into her training and things to pay attention to when working to give learners more choice

59:44 – Sam shares stories of things that have been impactful to her on her journey

1:10 – Information about how to find Sam online

1:12 – Ryan thanks Sam and closes the episode