

ATA Podcast Sarah Stremming

1:30 - Ryan introduces Sarah Stremming.

4:32 - Sarah talks about where she first learned about positive reinforcement-based animal training and shares some stories from that time.

20:56 – Sarah talks a little about her experience getting a bachelor’s degree in Psychology.

24:00 - Ryan asks Sarah to share about the challenge of meeting people where they are.

28:00 - Sarah talks about what she’s up to these days.

32::37 – Find out more about Sarah’s work, read her blog and access her podcast, Cog Dog Radio, at www.cognitivecanine.com. Both Cog Dog Radio and the Cognitive Canine have Facebook pages and Sarah is now on Instagram as @cognitive_canine.

36:07 – Ryan asks Sarah to tell the audience what her “four steps to behavioral wellness” are and why they are so important to her.

40:29 – Sarah talks about the importance of talking about nutrition when working with people and their dogs.

42:20 – Sarah explains what communication means when discussing behavioral wellness, including using Kathy Sdao’s SMARTx50 program and Sarah’s I+R = instruct and reinforce to improve behavioral wellness.

46:17 - Sarah shares about the importance of species appropriate exercise including decompression walks.

50:21 – Sarah discusses how to provide an enriched life for the dogs we live with.

1:03 - Sarah shares a story that illustrates the change that can be possible through applying the four steps to behavioral wellness.

1:09 – Ryan asks Sarah to look into the future and tell the listeners what she would really like to see happen in the next 5-10 years in the positive reinforcement animal training world.

1:11- Sarah reminds the listeners she can be found online at www.cognitivecanine.com, Cog Dog Radio Facebook page, Cognitive Canine Facebook page and on Instagram at @cognitive_canine.

1:12 – Ryan thanks Sarah for coming on the show.

1:13 - Ryan directs people to www.animaltrainingacademy.com to find out more about ATA including membership.