

Welcome Pack



🐾 DOG LIFESTYLE COACHING 🐾

2023-2024



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Welcome to Body and Mind K9

Nurturing the Human-Dog Bond

We're thrilled to welcome you to the Body and Mind K9 community dedicated to nurturing the profound bond between humans and their canine companions. Your decision to embark on this journey demonstrates your commitment to creating a harmonious and joyous life alongside your dog.

Unveiling the Path to an Extraordinary Life Together

At Body and Mind K9, we believe that dog training is more than just a series of commands – it's a Lifestyle! Our tailored training approach works through a balanced canine-centric lens, incorporating positive reinforcement and functional tools based on your dog's needs.

BAMK9's Lifestyle Coaching, Doggo-Only Sessions, K9 Classes, and BAM Walks give you and your dog the necessary tools to confidently embrace the world together. We coach you on how to effectively communicate with your dog as you discover the joy of training as a lifestyle.

We can't wait to witness the transformative moments that await you and your furry companion.

Welcome on board!

Charlie and The Body and Mind K9 Team



About BAMK9

More Than Just Dog Training

Body and Mind K9 is more than a dog training business - we're determined to redefine Dog Culture. At BAMK9, we believe that every dog has the potential to lead a fulfilling life. We coach you in effective dog communication through proven techniques and functional tools that help foster a relationship built on trust, respect, and understanding. BAMK9's holistic philosophy on focusing through a canine-centric lens reflects in our unique coaching, training, dog walking, and community events. Our team is dedicated to staying up-to-date with the latest in dog behavior, training techniques, and all things K9.



Meet the Team

At Body and Mind K9, we're a growing team of passionate individuals dedicated to transforming your relationship with your dog. Each team member brings unique skills, experiences, and a shared love for dogs. Get to know the faces behind our business in helping you and your dog thrive.



Charlie - Dog Lifestyle Coach & Founder

Charlie is the heart and soul of Body and Mind K9 with nearly 15 years of professional experience working with animals. His unwavering passion for dogs has been a constant throughout his life. Charlie leads BAMK9's Dog Lifestyle Coaching, K9 Classes and Training Sessions. Beyond coaching, he's here to guide you in balancing your dog's nutrition, creating tailored fitness plans, and providing the advice you need for a successful relationship with your dog.

Jordan - Dog Walking Aficionado & Training Assistant

Meet Jordan, the expert in our dog walking services and an invaluable training assistant. BAMK Walks are not just your regular walks, we pride ourselves in going above and beyond. Jordan's experiences in managing high-volume dog daycares and volunteering for rescues, spay & neuter clinics have provided him with the skills of handling a diverse range of canine personalities. Jordan's dedication to enriching dogs' lives through regular exercise and mental stimulation guarantees that your pup is in capable hands.



Elena - Administrative Extraordinaire

Behind every successful venture, there's that someone ensuring that all the gears turn smoothly. At BAMK9, that's Elena - our administrative extraordinaire. She manages bookings, engages with our wonderful clients, and ensures that our events go off without a hitch. Her vibrant energy and zest for life are infectious, and her love for dogs is undeniable. Elena and Charlie are a newly-wed dynamic duo that's committed to making tails wag and helping you and your dog embark on an extraordinary journey.

BAMK9's Coaching Philosophy

At Body and Mind K9, our philosophy revolves around making training a seamless and enjoyable part of your daily life. After all, well-trained dogs have more fun! Our coaching style, known as the **T.R.E.A.T.** approach, guides you and your dog through various training stages, as outlined below:

T Teach: The foundation of our training begins here. Both you and your dog are about to dive into a whole new world. Our trainers are here to coach you through the process of effectively communicating with your dog and to help your dog improve their behavior and skills.

R Reward: Finding the proper motivator will help accelerate your dog's training. Through the power of rewards, the behaviors and skills that your dog has started learning in the teaching phase will begin to become more reliable and fun for them to do.

E Engagement: We show your dog that engaging with their owner brings on the best rewards. When your dog is able to start focusing on you, even in the presence of distractions, your training is ready for the next step.

A Accountability: The foundation has been set and your dog now understands what, how, and when to do the tasks you have asked. Now we can incorporate functional tools to begin to hold your dog accountable, building reliability in behaviors.

T Transform: As your dog progresses through the stages of training, you will start to see a transformation take place, both in your dog and in yourself. Your dog will know how to navigate through the world with more confidence with their new skills, and you will be able to better understand your dog and help them continue to grow.





BAMK9 Expectations

At Body and Mind K9, we believe in setting clear expectations to ensure a smooth and rewarding training experience for both you and your canine companion.

What You Can Expect from Us

Expertise: Our team of dedicated pet professionals brings years of experience and a deep passion for dogs to every session. You can trust that you're working with skilled individuals who are committed to your dog's well-being.

Personalized Approach: We understand that every dog is unique, and so are their training needs. Our methods are tailored to suit your dog's personality, strengths, and challenges, ensuring a training plan that works best for both of you.

Supportive Environment: Our coaching sessions and classes are designed to be positive, supportive, and judgment-free. We're here to encourage you every step of the way, providing guidance, feedback, and solutions to any obstacles you encounter.

Transparent Communication: We value open communication. If you have questions or concerns, or need clarification on any aspect of training, we're here to listen and provide clear explanations.

Progressive Learning: As your dog grows and develops, our training plans evolve to match their changing needs. We provide a clear path for progress, building on previous successes and continuously challenging both you and your dog.



BAMK9 Expectations

Let's work together to make your training journey fulfilling and make the bond with your dog stronger. Your commitment and active involvement are key to your dog's success, and we're here to guide you every step of the way.

What We Expect from You

Commitment: Successful dog training requires long term dedication and consistency. We ask that you commit to attending sessions regularly, practicing at home, and actively participating in your dog's growth.

Patience: Training takes time, and each dog learns at their own pace. We encourage patience and understanding as your dog navigates through various behavior modifications and new skills.

Practice: Practice makes permanent. The more you practice with your dog between sessions, the faster you'll see progress. Repetition and reinforcement are key to solidifying new behaviors.

Feedback: Your input is invaluable. If something isn't working or if you're experiencing challenges, let us know. Your feedback helps us tailor the training plan to suit your needs better.

Open Mind: Our training methods might differ from what you've experienced before. Approach training with an open mind and be willing to try new techniques and approaches.



Contact Info & Communication Expectations

Getting in touch

We're here to help you with any questions, concerns, or inquiries you may have.

Text is the best way to get in touch, you can reach us at

562-204-6134

You can also email us at

info@bodyandmindk9.com

Or message us on Instagram using handle

@bodyandmindk9

Direct contacts

Once you start working with our trainers or walkers, you'll have access to their private contact information. **Please remember that this is their personal number and should be kept confidential.**

Response times

We value your time and strive to respond promptly. Our regular communication hours are from **9 AM to 7 PM, Monday to Friday**. Messages or calls received over the weekend will be addressed the following business day. While we aim to get back to you quickly, please understand that the dogs we are currently working with are our top priority.

Preferred Communication Methods

For specific communication needs, we recommend the following methods:

Text Messages: Questions from existing BAMK9 clients.

Email: Booking inquiries, cancellations, general questions, and concerns.

Phone Calls: For urgent cancellations or anything that requires immediate assistance.

Updates and Photos

We will provide regular updates and photos of your canine for clients whose dogs are part of our walks and Doggo-Only services. While we cannot guarantee immediate responses to questions, please be assured that we are committed to keeping you informed.

We appreciate your understanding and look forward to providing you and your dog with the best possible service. Feel free to reach out whenever you need assistance or want to share updates about your dog's progress.

Services

BAM Walks

Enhance your dog's outdoor adventures with our Dog Walking service, which combines both physical and mental enrichment. These walks go beyond exercise, focusing on leash etiquette, social interactions, and on-leash skills- empowering your dog to excel as your ideal adventure partner in Long Beach's dynamic surroundings.

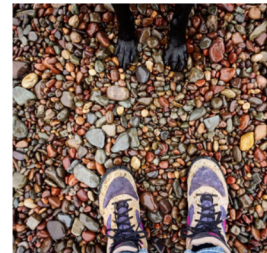
60-min Walk



Doggo-Only

Drop your dog off and let us boost their development through personalized, Doggo-Only sessions. Our trainers focus on tailored regimens that cover various needs, from puppy parkour to relaxation techniques. BAMK9 training offers a unique approach to support your dog's growth and lifelong development.

45-min Session



Coaching

Elevate your training journey with BAMK9's personalized Coaching sessions. Receive expert one-on-one guidance to decode your dog's communication, tackle challenges, and learn how to incorporate training into your everyday Lifestyle.

55-min Session



K9 Classes

Foster a strong bond with your dog through Body and Mind K9's unique, community-driven K9 Classes. Master obedience, work on lifestyle skills, and embrace adventure with your dog. Unlike traditional training methods, we prioritize nurturing the bond between you and your dog, fostering a harmonious life together. Our classes offer a safe haven for learning, socialization, and overcoming common challenges, all while creating lasting connections with fellow dog lovers.

45-min Class



BAMK9 Memberships

Quarterly Membership

\$900 every 3 months (**save \$330/quarter**)

Unlimited K9 Classes, Access to Online Coaching Videos and Lessons
1 Doggo-Only Session (50% discount) & 3 BAM walks (50% discount)
Doggo Recess and VIP-aws Events & Priority Booking

Yearly Membership - VIP-aws

\$3,500 every year (**save \$860/year**)

Unlimited K9 Classes, Access to Online Coaching Videos and Lessons
4 Doggo-Only session (50% discount) & 12 BAM Walks (50% discount)
Doggo Recess and VIP-aws Events & Priority Booking

Monthly, Quarterly, and Yearly Memberships

We invite you to join Body and Mind K9 in building the dog Long Beach Dog Culture. BAMK9 Memberships are designed to empower you with ongoing support, a dedicated private Facebook group, and exclusive events.

Benefits of Memberships

- **Initial Consultation Fee Waived:** Your initial consultation is on us! If you've already had a consultation, receive the equivalent amount as a discount.
- **Better Rates on Services:** Members enjoy discounted rates on our comprehensive range of services.
- **Private Facebook Group:** Connect with fellow pet owners, share experiences, and stay up-to-date with the latest BAMK9 news.
- **Member-only Classes:** Participate in exclusive classes designed specifically for members.
- **Community Walks:** Join us for community walks that allow you and your dog to socialize, practice skills, and have fun together.
- **Competitions and Events:** Take part in competitions and events organized exclusively for BAMK9 members.
- **Access to Media:** Receive access to uploads of your dog's training sessions, and media from group events.

Commitment and Cancellation

All new memberships require a 3-month commitment. If you choose to cancel your membership before the 3 month period ends, a penalty equivalent to one month of membership will apply. After the initial commitment period, you have the flexibility to cancel your membership at any time. **Packages are valid for 3 months from day of purchase.**

Checklists

Before a K9 Class:

- Bring tempting treats and high-value rewards for your dog's training.
- Ensure your dog is on a 6-foot flat leash and is wearing appropriate gear.
- Bring any items your trainer asked for.
- Dress comfortably for active participation.

Before a BAM Walk:

- Ensure your dog's gear is ready for the walker's arrival.
- Communicate any specific commands or preferences for the walk.
- Confirm that your dog can walk calmly on a leash with minimal pulling.
- Share any relevant information about your dog's behavior or preferences.

Before a K9's Only Session:

- Bring tempting treats and high-value rewards for your dog's training.
- Ensure your dog is on a 6-foot flat leash and is wearing appropriate gear.
- Bring water for your dog's comfort and safety.
- Prepare questions, concerns, or progress updates to discuss with the trainer.

Before a Coaching Session:

- Bring tempting treats and high-value rewards for your dog's training.
- Ensure your dog is on a 6-foot flat leash and is wearing appropriate gear.
- Have note-taking materials to jot down insights and techniques.
- Bring water for your dog's comfort and safety.
- Prepare questions, concerns, or progress updates to discuss with the trainer.
- Dress comfortably for active participation.



Resources

Welcome to Our Favorite Stuff

We're excited to provide you with a curated collection of recommendations to enhance your journey in building a strong bond with your canine companion.

From insightful books and helpful websites, to essential training gear, nutritious treats, and local hotspots - we've compiled a list to support you in creating a fulfilling life with your dog.

Books

- "Nate Schomer Dog Training Guide" by Nate Schomer
- "So You Have a Puppy" and "So You're Getting a Puppy" by Dr. Ian Dunbar

Websites

- ConsiderTheDog.com
- DogStarDaily.com
- Leerburg.com

Local Spots

- Rosie's Dog Beach
- Recreational Park
- Bixby Park
- Eldorado Park

Breweries/ Coffee Shops

- Long Beach Brew Labs
- Trademark Brewing
- Rose Park Roasters on 4th
- Wrigley Coffee

Training Gear

- Herm Springer Prong Collar
- Sensible Front Clip Harness
- Hamilton Leashes
- StarMark Clickers
- Coachi Treat Bag

Treats

- Kiwi Kitchens
- Vital Essentials
- Charlee Bears

Toys

- Skolhalti Tug Toys

Food

- Farmina
- Nature's Logic
- Steve's Real Food
- Answers Pet Food
- Small Batch



Looking Forward

Please handwrite this exercise and submit it to your trainer.
For best results, please take a moment to fill out each answer with 5+ sentences (can be on separate paper).

In 3 Years, what do you want to be able to do with your dog?

In 1 year, what are your expectations for training?

In the next three months, how much time can you realistically give to training?



Self-Assessment

Let us know where you think your dog is at with their current training.

Behavior	Fluency	Notes
Sit	1 2 3 4 5 6 7 8 9 10	
Down	1 2 3 4 5 6 7 8 9 10	
Stay	1 2 3 4 5 6 7 8 9 10	
Place	1 2 3 4 5 6 7 8 9 10	
Heel	1 2 3 4 5 6 7 8 9 10	
Leave It	1 2 3 4 5 6 7 8 9 10	
Recall	1 2 3 4 5 6 7 8 9 10	



Skill Breakdown

Use this page to take notes at your sessions

Behavior: _____

Purpose: _____

Steps:

1. _____

2. _____

3. _____

4. _____

5. _____

Notes: _____
