

Your Happy Dog Coach Welcome Package

Services Offered

- Puppy Prep-School
- Life Skills 101
- Family Awareness – Kids & Dogs
- Greeting Manners Practice
- Invest In A Package
- Fear Free Certified® Vet Prep
- S.E.A.R.C.H. Room
- Pet Dog Ambassador

Resources

- Skills Learning Library
- Websites, YouTube & A Bonus
- Books and Podcasts
- Science Based Research
- Welcome Home, New Pup
- Local Resources

Articles

- About Me & My Credentials
- Frequently Asked Questions
- Testimonials

Yarmouth's Premier Source for Dog Training, Community Education & Resources

www.YourHappyDogCoach.ca

902 - 600 - 5511

contact@yourhappydogcoach.ca

Your Happy Dog Coach
Beyond Sit, Stay & Heel

Thank you for choosing Your Happy Dog Coach as an investment in your life with your dog!

Here is a little bit of Need to Know information for you, before we even get started

Table of Contents

Your Happy Dog Coach – Welcome Package	2
About Your Trainer: Lori-Lee Regimbald – PPDT, FFCP-T, FDM	2
Certifications & Affiliations	3
A little more personal information:.....	3
Training Philosophy	4
What to Expect	4
Scheduling & Policies.....	4
Client Responsibilities & Training Guidelines	5
What You’ll Need for Each Session:	5
Your Role in Training	5
Helpful Resources	5
Contact Information & Support	6
Your Happy Dog Coach – Training Progress Tracker	8
Dog Training Tracker	7

Your Happy Dog Coach – Welcome Package

Helping you and your dog build a strong, trusting relationship through science-backed, force-free training.

Welcome to *Your Happy Dog Coach*! I am so excited to be part of your journey with your dog and look forward to working together to create a happy, cooperative, and well-adjusted companion.

At *Your Happy Dog Coach*, I do things a little differently than mainstream trainers in that I focus on strengthening the relationship between you and your dog, fostering understanding, and promote force-free learning methods that are backed by science. My training approach ensures that learning is positive, effective, and long-lasting.

This welcome package includes everything you need to get started, from what to expect in your sessions to helpful training tips and resources. If you have any questions at any time, please don't hesitate to reach out!

Thank you for choosing Your Happy Dog Coach as an investment in your relationship with your dog. I'm looking forward to training with you.

Lori-Lee Regimbald

Certified Fear Free Trainer & Family Dog Mediator

[Your Happy Dog Coach](#)

About Your Trainer: Lori-Lee Regimbald – PPDT, FFCP-T, FDM

I have been a dog lover my entire life and I never would have thought that I could turn my love for dogs into a career. Then, in 2020, I adopted Kitchi, my first Northern Canadian Rescue, and I learned that the type of training I'd always known wasn't going to work for her, and it actually the healthiest way to train. When I learned that it's "the wild wild west" out there in terms of trainers and literally anyone can decide to be a trainer and start charging people, with zero credentials, knowledge or experience, I wanted to be one of those people who did better.

When I moved to the Yarmouth Area, I couldn't find an educated, certified trainer to trust, and so I became the trainer I would trust.

Now I'm a certified Professional Pet Dog Trainer (PPDT), Family Dog Mediator (FDM), and Fear Free Certified Professional Trainer (FFCP-T). I have dedicated my career to understanding canine behavior and providing humane, evidence-based training solutions that prioritize the emotional and physical well-being of every dog I work with.

As a Family Dog Mediator (FDM), I am highly focused on bridging the gap between what your dog instinctively needs and what we expect from them in our human world. This approach ensures that training works with each dog's natural behaviors, rather than against them.

Certifications & Affiliations

I am quite literally continuously enrolled in courses, workshops, and professional development programs (much to our bank accounts chagrin) to stay up to date with the latest research in dog behavior. I literally want to learn everything all of the time!

Over the past year, I've worked hard to expand my knowledge and skills, completing courses such as:

- 🐾 Professional Pet Dog Trainer from [Good Dog Academy](#) (as well as Dog Walker Certificate, Daycare & Boarding Management Certificate, The Art Of Relaxation, and Scent Work Series, all from Canada's own GDA)
- 🐾 [Dogsafe Canine First Aid](#)
- 🐾 Fear Free Certified Professional - Trainer Certification from [Fear Free Pets](#)
- 🐾 Family Dog Mediator from [Kim Brophy's LEGS Applied Ethology Family Dog Mediation Course](#)
- 🐾 [Aggressive Dog](#) Master Course from [Michael Shikashio](#)
- 🐾 Certified Bite Prevention Educator from [Doggone Safe](#)
- 🐾 Pet Dog Ambassador - Instructor and Assessor from [The Pet Professional Guild](#)
- 🐾 Sensory Course for Canine Professionals from [Puzzle Dog](#)
- 🐾 Dog Aware 4-Part Mini Course from [Family Paws Parent Education](#)
- 🐾 and about a dozen other smaller webinars, summits, and courses.

A little more personal information:

I'm not originally from the Yarmouth area, I'm actually from the South Shore, born and raised near Bridgewater. I also lived in the valley for a total of 7 years to go to school and work before meeting my husband.

My husband is a Regular Force Warrant Officer in the Canadian Artillery, so I followed him around from 2010 to 2022, living in Ontario, Quebec, and then Ontario again while we grew our family of three children. I always said I'd follow him anywhere but I wanted to come "home" to Nova Scotia when he was finished, so when he had the opportunity to be posted to the reserve unit here in Yarmouth, we took it! I am SO happy to be home near the ocean again, and to be only 2 hours from the rest of my family for the first time in 12 years!

Our three homeschooled children also love the community we live in and have found their grooves with 4H, Yarmouth Recreation and Library Programs.



Training Philosophy

I believe that training should be:

- 🐾 **Force-Free & Science-Based** – Dogs learn best in an environment where they feel safe, understood, and encouraged. I **never** use punishment-based methods.
- 🐾 **Rooted in Relationship** – The foundation of good behavior is a strong bond between you and your dog. Training is more than just teaching cues—it's about learning how to communicate effectively.
- 🐾 **Practical & Fun** – Training should be enjoyable! I will always focus on real-life skills first, those ones that improve your daily routine, like polite leash walking, relaxation, and cooperative care.
- 🐾 **Customized for Every Dog** – No two dogs are the same. I tailor each training plan based on your dog's unique personality, breed tendencies, and needs, as well as your goals for them.

What to Expect

How Sessions Work Each session is structured to be clear, fun, and productive. Here's what you can expect:

1. **Brief Check-In** – We'll start with a discussion about any changes, concerns, or progress since our last session.
2. **Training Exercises** – We'll introduce new skills and practice previous ones, adjusting based on your dog's needs.
3. **Review & Homework** – At the end of each session, you'll receive personalized training notes, homework, and guidance for continued success.

Scheduling & Policies

- **Cancellations What is your cancellation policy?**
 - We are all human and therefore life is unpredictable.
When you commit to (and pay for) a package, you will have up to three months for the package to be completed.
I am happy to work with you if something comes up and we need to reschedule, as there may be times I, too, will need to reschedule.
However, rescheduling may not be possible due to scheduling conflicts.
If there is simply no other time to move our appointment, unfortunately that visit will be a cancellation and will not be refunded.
After two rescheduling requests or attempts, that visit will also be considered cancelled and not refundable.
- **Payments:** All payments are due at the time of booking to confirm your session. They can be sent via EMT at contact@yourhappydogcoach.ca before our first session, or they can be made via cash or cheque at the first session. The second

session will not take place until the minimum requirement of three sessions is paid in full.

- **Session Length:** Private training sessions typically last 60 minutes. Sometimes I get chatty and we go over time, which is no additional cost. Sometimes I might even just “be in the area” and will offer to stop by to practice something quickly.

Client Responsibilities & Training Guidelines

What You’ll Need for Each Session:

- ✓ **Leash & Harness** – A well-fitted harness or flat collar (no retractable leashes or prong/choke/shock collars, please).
- ✓ **High-Value Treats** – Soft, smelly treats like cheese, hot dogs, or freeze-dried meat.
- ✓ **Calm Environment** – Reduce distractions by choosing a quiet training area.

Your Role in Training

- **Be Consistent** – Practice daily for short, focused sessions (5-10 minutes).
- **Be Patient** – Learning takes time. Celebrate small wins!
- **Have Fun!** – Training should be rewarding for both you and your dog.

To learn more about your role as the guardian in your training plan, I strongly encourage you to review [Expectations of Dog Training • Your Happy Dog Coach](#) on my website.

Helpful Resources

I know that hiring a professional can be costly and I really want to help as many dogs and their people as I possibly can, so it’s really important to me that I offer as much free information as possible. In my resource section, you will find:

🐾 **Personally Written Articles** – I am so proud to offer some really helpful articles about the topics that have come up organically in my work so far.

🐾 **Training Library** – There is so much content out there, it’s hard to decipher which advice is the best advice to follow for your dog.... So I’ve taken the guesswork out for you and created a space where you can find humane sources of training. Please feel free to explore all of the free video tutorials and step-by-step guides: [Visit Here](#)


🐾 **Recommended Reading** – I’ve collected a few of my favorite Science-backed books on canine behavior and training. If I haven’t read it and loved it, I haven’t added it yet.


🐾 **Recommended Podcasts** – The best of the best of podcasts from the leaders in the industry. I’ve listed all of my favourites here!


Also don’t forget that I’m on Facebook. I often post relevant information on my Social Media

– Follow for training tips and community updates! [Your Happy Dog Coach](#)

Contact Information & Support

 **Email:** contact@yourhappydogcoach.ca

 **Phone:** 902-600-5511

 **Office Hours:** Tuesday – Sunday | 10 AM – 6 PM

Need extra help? Send me a text or email message! I love to get check ins and I'm happy to provide guidance between sessions. My goal is always to have the dog and humans succeed so I want to do whatever I can to make that happen! I'm happy to answer any questions and give any feedback I can virtually in between sessions, so don't hesitate to call, text or email me with any questions, concerns, or need for clarification!

I'm Excited to Work With You!

Training is a journey, and I'm honored to be part of yours.

You will find two different types of training data tracking forms for you to use if you choose to. Sometimes, when we are having a rough day, it's really hard to remember how far we, and our dog(s), have come, so by having these records to keep, we can remember that practice makes progress, and progress is progress, regardless of how slowly it is happening.

Let's get started!

Important:

At Your Happy Dog Coach, I'm here to empower you with the tools, knowledge, and support you need to build a special relationship and a strong, connected bond with your dog. This bond becomes the foundation for all things training and ensures long-term success. Through my education, experience, and proven techniques, I'll guide you step by step, showing you what to do, how to do it, and explain to you why it works. Together, your commitment to the homework combined with my customized plan tailored to your dog's unique needs, we will help your dog meet your personal goals. Your dog's progress will reflect the time, effort, and practice you dedicate to their training, but don't worry, you're not alone on this journey! I'm here to support you every step of the way. Let's work together to help you and your dog achieve something truly amazing!

Your Happy Dog Coach – Training Progress Tracker

Track your dog's progress and celebrate small wins along the way!



Dog's Name: _____ **Guardian's Name:** _____

Trainer: Your Happy Dog Coach Lori-Lee Regimbald **Start Date:** _____

Overall Training Focus: (e.g., Basic Manners, Reactivity, Confidence Building)

Training Goals

Goal	Start Date	Progress Notes	Completion Date
<i>Example: Loose Leash Walking</i>	<i>Jan 1</i>	<i>Pulling reduced by 50%</i>	<i>Feb 10</i>

Daily Training Log

Date	Exercise Practiced	Duration	Notes & Observations

Milestone Celebrations 🎉

- **Biggest Improvement This Week:** _____
- **Biggest Improvement This Month:** _____
- **New Favorite Skill:** _____
- **Funniest Training Moment:** _____
- **Reward for Training Success:** (e.g., new toy, special outing) _____

Behavior Progress Checklist (Example Below)

Skill	Initial Skill Level & Date	Current Skill Level & Date	Notes

Trainer Notes & Feedback

(Your trainer will provide feedback here!)

Remember, progress takes time, and it is not always linear. Sometimes it's one step forward and two steps back... but every step forward is worth celebrating. 🎉🐾

Behavior Progress Checklist Example

1 = New Skill

10 = Skill Mastered

Skill	Initial Skill Level	Current Progress	Notes
Name Recognition	5 -March 11, 2025		Gives engagement with name inside house. Working on focus in distractions
Sit			Holds position for 10+ seconds
Stay			Needs more duration practice
Recall			Good in low distractions
Loose Leash Walking			Pulling reduced in quiet areas
Leave It			Responds 50% of the time
Handling/Grooming			Tolerates brushing for 5 seconds