

Balanced Bond Canine Coaching

The BB Walk Guide *A Guide to Structured-Pleasant Walks!*

Step 1: Inner Calm (Your Energy Check)



- **The Philosophy:** If our energy is calm-confident, our dog's energy will be calm-surrender. **Dogs mirror our energy. Be Present!**
- **The Actions:**
 - Stand tall.
 - Acknowledge how you feel.
 - Take one deep belly breath.
 - Visualize a successful, loose-leash walk with your pup.
 - Before you grab the leash, use your "Self-Energy Check" to shift into a **Calm-Confident** state—grounded, steady, and **quiet**.

Step 2: The Power of the Pause (Patience)



- **The Philosophy:** We never reward excitement before the walk. Excitement is often confused with happiness; it is a lack of focus.
- **The Actions:**
 - Grab the leash/collar. If your dog is jumping or spinning, **wait**.
 - Put on the collar and attach the leash gently. Only do this step when your dog offers **Calm-Surrender** energy (sitting or standing still with a soft gaze). It is very important to place the collar/slip-lead **at the very top of the neck**, resting just behind the ears and under the jawline. This allows to guide the nose with minimal effort. **Remember:** *Dogs perceive the world mostly through their sense of smell.*

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Step 3: The Threshold (Claiming the Space)



- **The Philosophy:** The door is a boundary you own. Leaders lead; followers wait for the signal.
- **The Actions:**
 - Open the door. Your dog must stay behind the line.
 - Step outside to "check the world." Invite your pup to follow only when they are waiting for your signal.

Step 4: Mastering the Walk (The Heel)



- **The Philosophy:** This is a shared language, not a race. Control the nose to control the mind.
- **The Actions:**
 - Take a deep breath, relax your body, shoulders up and keep your eyes on the horizon, not on your dog.
 - Keep your pup at your side or slightly behind.
 - Keep your dog's nose off the ground to keep the brain in "work mode". No tension on the leash.
 - Start your walk using your **calm-confident** energy to guide her past distractions (be aware of your breathing). If the leash tightens, use a quick, sideways "snap and release" to **redirect** focus. Avoid a constant pull on the leash.

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Step 5: The Reward (Sniff & Explore)



- **The Philosophy:** Work first, then “play”. The reward is more meaningful after the structure.
- **The Actions:**
 - After a period of good structure, give a verbal release (e.g., “Sniff”).
 - Let your dog be a dog. **You decide when the break starts and ends.**

Step 6: The Calm Finish (Nurture & Rest)



- **The Philosophy:** The activity is not over until he/she is in a state of rest. The meal is the “paycheck” for the work!
- **The Actions:** Upon returning, make sure:
 - You enter the house first.
 - Then remove the leash calmly.
 - Provide water (and food if it’s mealtime). Feeding after the walk reinforces that they have earned their resources through balanced behavior. **Feeding is an act of affection.**
 - Finally, guide your dog to its crate or favorite “place” to rest. This tells her/his brain: “*The work is done, it’s time to chill!*”

GREAT TEAM WORK!

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Use this QR Code to watch a short video
with all the steps above!



Coach's Note:

"Patience is your greatest tool. Whether it's Step 1 or Step 6, it might take a moment to achieve the right mindset. Don't rush the process—the goal is a balanced dog and a balanced home!"

Check Your Progress on Your Walks

Below mark the step working for you.

Remember: Practice, Practice, Practice, **You Got This!**

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Step 1							
Step 2							
Step 3							
Step 4							
Step 5							
Step 6							

Need our help? Don't hesitate to contact us!

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