



# Leadership

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## What it Means to Be a Good Leader for your Dog

Becoming the leader your puppy needs isn't about control or dominance — it's about clarity, structure, and trust. Puppies thrive under guidance that is calm, fair, and consistent. Good leaders aren't just teachers; they are role models, coaches, and advocates.

If you want a confident, well-adjusted dog, it starts with you showing up with clear communication, supportive feedback, and consistent follow-through.

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## What Does Leadership Really Mean?

They Rely on You to Teach Them:

- What is/isn't safe
- What behavior's gets rewarded
- What's off-limits — and why
- How to respond when things are overwhelming

Leadership is one of the most misunderstood parts of dog training. In the past, it was often linked to being the “alpha” or using dominance to get dogs to obey. But modern leadership is rooted in cooperation, not control.

Leadership means setting the tone, setting boundaries, and showing up with calm confidence — even when your dog doesn't.

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## LET'S BREAK IT DOWN

### 1 Be Consistent With Rules, Flexible With Expectations

Rules are the foundation of leadership. But just like with kids, how you enforce those rules should evolve as your puppy learns and grows.

- Decide on household rules (e.g., no jumping, no begging, off the furniture) and enforce them consistently.
- Don't change the rules based on mood or convenience — that creates confusion and anxiety.
- Be flexible with your expectations depending on your puppy's age, energy, environment, and emotional state.

#### Leadership in action:

Your 4-month-old puppy might not hold a sit-stay during distractions — but that doesn't mean you give up. It means you modify your expectations and help them succeed at their level.

## 2 Set Them Up for Success. Support Them Through Mistakes.

A strong leader makes learning possible. That means controlling the environment, breaking tasks into manageable steps, and staying supportive when things go sideways.

- Prevent problems with smart management (leashes, crates, baby gates, structured routines).
- Start new behaviors in calm, familiar environments before adding distractions.
- Don't punish mistakes you haven't trained them to avoid. Teach first, correct later.
- When your puppy messes up, offer gentle, clear guidance — not frustration.

### Leadership in action:

Instead of yelling when your puppy chews a shoe, calmly interrupt, remove the shoe, and offer an appropriate chew toy. Then praise them when they choose it.

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## 3 Lead With Calm, Neutral Energy

Your puppy is constantly reading your emotional state. If you're chaotic, reactive, or overstimulated, they will be too. Calm leadership teaches puppies how to regulate themselves by modeling what calm looks and feels like.

- Use calm, neutral tones in training and daily interactions.
- Avoid high-pitched baby talk or angry corrections — both can increase arousal or confusion.
- Praise with intention: keep your energy controlled and your feedback clear.
- During high-stress moments (like barking, reactivity, or overexcitement), breathe first. Then act.

### Leadership in action:

If your puppy is barking at a noise, your calm body language and tone help them learn that there's no need to panic.

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## 4 Don't Be Afraid to Say “No” — Boundaries Build Trust

Too often, “discipline” gets mistaken for dominance. In reality, puppies feel safest when the world is predictable — and that includes learning what isn't allowed.

A good leader isn't permissive. They correct gently, consistently, and without emotional drama.

- Interrupt unwanted behaviors calmly: “ah-ah,” “no,” or a gentle redirect.
- Reinforce rules every time — not just when it's convenient.
- Don't rely on punishment. Focus on showing your puppy what to do instead.
- Remember: saying “no” doesn't make you harsh — it makes you trustworthy.

### Leadership in action:

If your puppy jumps on a guest, interrupt and guide them into a sit. Reward when all four paws are on the ground. Repeat every time.