



The Rosetta Starter Pack

Foundations for Compassionate, Clear Leadership



1. Leader Cues in Daily Life

Clear leadership doesn't start in a training session — it's built moment to moment.

Try this:

- Walk through doorways first
- Start and end play on your terms
- Feed meals after calm behavior (*not before*)
- Stay grounded (*even when your dog isn't*)
- Avoid stepping over or working around your dog's position

Why it matters:

These small shifts teach your dog to look to you for guidance, without intimidation or force.

2. Handling With Consent

We build trust by respecting boundaries.

Practice with:

- Paws
- Collar grabs
- Ears
- Tail
- Grooming tools

Use this scale:



Comfortable



Needs Practice



Avoid for now

Tip: If your dog flinches, freezes, or pulls away then pause. Consent means true cooperation, not just compliance.



3. Emotional Trigger Journal

Behavior is communication. Start tracking what your dog's telling you.

Use this table:

Trigger	Dog's Reaction	What Helps?
Mail Carrier	Barking at door, pacing	Move to safe spot + treats
Visitors in house	Hiding, tail tucked	Controlled intros, calm cues
Collar Touched	Flinched, back away	Touch training with treats

Try this:

Use your dog's daily patterns to predict and support emotional needs. Over time, you'll notice their "Hyde" shows up less often.

4. Play With a Purpose

Play is powerful, *if* you guide it.

Do:

- Start and end the game clearly
- Pause to help your dog regulate
- Use games that reinforce calm engagement (*hide & seek, fetch + trade*)

Avoid:

- Letting the dog control the pace
- Overexcitement without cooldowns
- Roughhousing that escalates reactivity

Why it matters:

Well-led play deepens your bond and reinforces your role as a trusted guide.



5. Daily Trust Builders

These rituals take just minutes but build a lifetime of trust.

Try this daily:

- Sit quietly with your dog for 2–3 minutes
- Speak one grounding phrase like “You’re safe” or “I’m here”
- Use calm, full-body strokes along the shoulders or spine
- Practice walking together. Not ahead or behind, but side-by-side

Why it matters:

Trust isn’t trained. It’s earned — through repetition, rhythm, and regulation.

