

# Insight into Action™ Driver Workshop (Web)



Delivered online over three hours, the Insight into Action™ workshop enable drivers to reflect on their own personal driving behaviours focusing on how to make changes to improve well-being and safety when driving for work.

- Learning takes place via interactive group discussion
- Tailored to address each driver's behavioural and coping styles
- Helps drivers to reflect on how habits can affect safety
- Tackles driver stress and fatigue by focusing on developing safer coping strategies
- Addresses driving in the Covid-19 environment
- Each driver develops a personal action plan
- Register individual drivers or a dedicated group booking

## Personalisation

Each driver completes a Fleet Driver Risk Index™ (FDRI) prior to the workshop. The FDRI is the most extensively validated measure of behavioural and coping risk assessment available – it identifies the driver's individual risk against a range of factors. The FDRI report enables the driver to self-reflect on their driving style, and the DriverMetrics® coach to respond to each individuals specific needs during the workshop.

## Accredited DriverMetrics® Coaches

A DriverMetrics® accredited coach delivers the Insight into Action™ workshops. All of our coaches have completed a 12-month BTEC Level 4 Professional Award in Coaching for Driver Development, as well as the DriverMetrics® accreditation course, delivered personally by Dr Lisa Dorn Research Director for DriverMetrics® and senior academic at Cranfield University. This ensures that our coaches are highly experienced in how to influence at-risk driver behaviours identified by DriverMetrics® assessment.



## Workshop Programme

10.00am to 11.30am

### Webinar 1

10.00am to 10.15am

Welcome and introductions

10.15am to 10.40am

#### Section 1: Risks of Driving for Work

- Benefits of safe driving
- Definition of driver behaviour

10.40am to 10.50am

Complete your workbook

10.50am to 11.10am

#### Section 2: What's your driving motives?

- Twin forces of motivation

11.10am to 11.30am

#### Section 3: Your Fleet Driver Risk Index

- How to read your report

11.30am to 11.40am

Complete your workbook

11.40am to 11.50am

BREAK

11.50am to 1.00pm

### Webinar 2

11.50am to 12.10pm

#### Section 4: Recognise your Personal Risk

- Develop your ability to reflect on your risk
- What are your driving habits?

12.10pm to 12.25pm

Complete your workbook

12.25pm to 12.50pm

#### Section 5: Develop your Action Plan

- Goal setting
- Group discussion
- Complete your workbook

12.50pm to 1.00pm

- Workshop summary
- Workshop evaluation questionnaire
- Workshop ends

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