

Safe Driving Workshop (Web)

Delivered online over three hours, the Safe Driving 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 Safe Driving workshops. All of our coaches have completed a 12-month BTEC Level 4 Professional Award in Coaching for Driver Development. 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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