

Getting in the driving seat

Learning from the past
Building for the future



Who should attend?

This 1 day course is suitable for anyone whose working role requires them to drive.

What is the reality of driving?



Latest figures show that there were 1,740 fatalities, 23,570 serious injuries and a further 186,060 casualties on U.K. roads in the year ending March 2015. Research found that that up to 1 in 3 of these involved a vehicle being driven for work. It has been estimated that road traffic accidents cost the British economy between 15 and 30 billion pounds a year*. For the majority of people, the most dangerous thing they do whilst at work is drive.

Driving is usually a solo undertaking it is, therefore, vitally important that individuals display a high degree of personal behaviour recognition and self-regulation. This programme explores building positive driving habits and how to reframe our reactions to personal and situational driving issues. Above all it is designed to be practical and supply delegates with real working 'tools' they can use in their day to day lives.

Key Topics:

By the end of the programme participants will:

- self-coaching for safer driving
- personal "driving scripts" and how to rewrite
- keeping yourself on the right road through examining your mind-set
- getting in the driving seat extending the circle of control
- risk taking – we all do it but what are the triggers and how can we change
- Red / Amber / Green explore strategies for dealing with negative driving behaviours

Key Benefits:

The transferable benefits of this programme are:

- a more mindful approach to driving in a personal and professional context
- moving driving into a consciously competent activity
- the ability to identify and deal with the environmental triggers for negative behaviour
- an understanding of how we form our moral values
- the use of coaching tools applicable to a number of personal and professional situations

Unique Case Studies

What makes this programme unique is its use of drama based Case Studies that allows participants to examine the underpinning attitudes behind common negative driving behaviours in a safe non-threatening environment.



*Statistics compiled by the RAC foundation and are current as of October 2015

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