

**Professor Mottola's Driving Mind eCoach has two tracks of activities:**

1. The Co-Driver track for filling the mind with Awareness and Speed Control.
2. The Driver track, for training the hands, feet, and eyes in expert Car Control skills.

For the Sample, titles that have active links are colored blue. The black titles are topics that will be on the full program.

**Professor Mottola's Driving Mind eCoach is a New Model for Training Teens:**

- Teens, 13-years and older, are able to earn a Zone Control Co-Driver's License before driving. (see the Strategies of Zone Control).
- Parents learn the Zone Control Actions while having their teen performing Co-Driver activities.
- Teens are provided with Mind Cue Cards to guide "deliberate practice" that is essential for habits to develop.
- The teens' cultivation of Zone Control Actions into habits are measurable by the eCoach activities and quizzes.
- This becomes a new model of GDL, where teens acquire Awareness, Speed Control, Space Management, and Car Control HABITS before taking their driving exam.
- Driver educators can understand and effectively evaluate the teen's habit development of Zone Control actions.

**Here's Why Teens and You will Benefit from the *Driving Mind eCoach*:**

1. Teens are required to demonstrate the correct performance of the behavioral patterns for each lesson before performing in-car. Time in the vehicle is very efficient as there should be nothing new being taught. Teens in the backseat become involved as "assistant coaches," therefore they increase their mental awareness of correct performance.
2. Teens are able to perform each activity correctly when they attend the in-car session. This makes them feel good about the actions they perform and they are more likely to spend the time building the actions into habits. You will use the ECCCR process which gives you the coaching skills to help each teen achieve success. With success comes enjoyment and a positive attitude.
3. Teens are given the responsibility to acquire the necessary practice for habits to develop. Professor Mottola's Driving Mind eCoach creates a new process for GDL. Teens learn Awareness, Speed Control, Skid Control, and Car Control actions before being licensed.

4. In the future, parents will have access to the Driving Mind eCoach for their teens to get practice before attending a driver ed program. We expect to partner with insurance companies, who will make the eCoach available to their policyholders. There will be a need for Zone Control Wellness Coaches — you — to provide training and evaluations for those teens who completed the Zone Control Co-Driver License.
5. We also expect to develop Skid Monster Evaluation Centers where parents can take their teens for evaluation of their car control skills before, or after licensing. You can become an operator of an evaluation center.
6. There are several other ways that Zone Control Wellness Coaches will be needed to provide evaluation and training.
7. **Use this program with your teens and with your family** members to explore the many ways by which the Zone Control Actions are able to get cultivated into habits.
8. During the month of March, while this free sample is available, there will be new information and activities added, including the options to obtain the full working program.
9. Any questions can be directed to ProfMottola@NIDB.org
10. Click here to view the Zone Control Strategies that a teen has the opportunity to cultivate into habits.

[The Strategies of Zone Control](#)