

The *Driving MIND System* Presents Families with **Driver Wellness Training** to Reduce Pedestrian, Bicyclist, and Vehicle Crashes!

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Research often states that driver education is not effective for reducing crashes. If driver education is not effective, how are teenagers to learn the correct actions that are essential to operate in an efficient, stress-free, courteous, and crash-free manner?

Although there are many dedicated driver educators who conduct excellent programs, the current system makes it impossible for any educator to provide the training that is essential to avoid crashes during a lifetime of driving.

After licensing, teens get experience during GDL practice by driving around town, which develops habits that come naturally. But, habits that are easiest to acquire are usually not the best ones to have. The Driving MIND System provides teens with experiences that develop Awareness, Space Management, and Car Control habits with Pedestrian, Bicyclist, and Driver Wellness Training — before licensing!

Teens become adult drivers – and **adult drivers cause 84-percent of all crashes!** How can adult drivers receive training? *Professor Mottola's Driving MIND System* provides EXPERT training for all family members — teens, parents, grandparents!

Teens learn one or two strategies at a time from the Driving MIND eCoach program; then use the Driving MIND Pocket Coach book as a “Mind Cue” for what and how to practice. **Each page of the Pocket Coach provides a standard** for best practices. When teens feel they understand and can demonstrate the actions on a page, they place a check in the bottom circle. Parents, Driving Instructors, and eventually License Examiners can evaluate the habits that are stored as safe actions into the teen’s mind.



**This checked circle
can **Eliminate**
OVER 90% of
Teen Crashes!**

It makes the teen responsible for performing the practice essential for habits to develop.

A New Model of Driver Wellness Training for Families

1. Driver Wellness Training is offered to all members of the family to learn, practice, and master Zone Control Strategies into crash-reduction pedestrian, bicyclist, passenger, and driver habits.
2. All family members are able to acquire Zone Control Strategies into habit while being a Co-Driver.
3. Once Zone Control Strategies are habits, they provide safeguards against over 90% of potential crashes.
4. Teens with younger siblings are expected to teach the siblings the strategies they are learning and “coach” them for successful performance. This will make the habits stronger within the teen’s mind.
5. Driver Wellness Coaches are able to use Zoom or Google Classroom to conduct meetings where teens are asked to explain strategies from *Pocket Coach* pages on which they placed check marks.
6. All in-car maneuvers are first learned and practice mentally by use of “Model Roadway Chip Cars.”
7. The “Chip Cars” are located on a removable *Pocket Coach* page and glued onto plastic, such as an expired credit card.
8. In-car lessons one and two take place only in a parking lot and can be conducted by a parent who is willing to use the step-by-step guides that are downloaded to a mobile device.
9. The advantage of having parents conduct the first two in-car sessions are: 1. All members of the family can learn how to acquire expert car control habits to prevent, detect, and correct skids. 2. Teens can get the appropriate practice needed to achieve success. 3. Teens will be getting experience driving the vehicle they will be using after licensing. 4. Parents will become familiar with Zone Control and use of the *Pocket Coach* to provide effective GDL practice. 5. And most important, Driver Wellness Coaches need not waste their talents on teaching the teen to drive; time spent with the teen can be used to evaluate the crash-avoidance Zone Control habits the teen has acquired.
10. It is recommended that only a Driver Wellness Coach should conduct the on-road driving sessions after the teen successfully completes Lessons One and Two.
11. When the teen attends the first in-car session with a Driver Wellness Coach it will take place in a parking lot where they will be asked to demonstrate strategies from the *Pocket Coach* pages with the checked circle.
12. The Driving MIND System will be distributed by corporations and organizations to families of their employees and members to reduce the devastation caused by motor vehicle crashes.
13. Families are provided with information so they could contact a Driver Wellness Coach to have the habits of all drivers in the family evaluated and coached for expert performance.
14. To become a Certified Driver Wellness Coach, who’s name and school will be published on NIDB.org, Driver Educators will use the Driving MIND System with *their own family members*, and with a class of teens to show that the teens are achieving successful performance of Zone Control Strategies.