

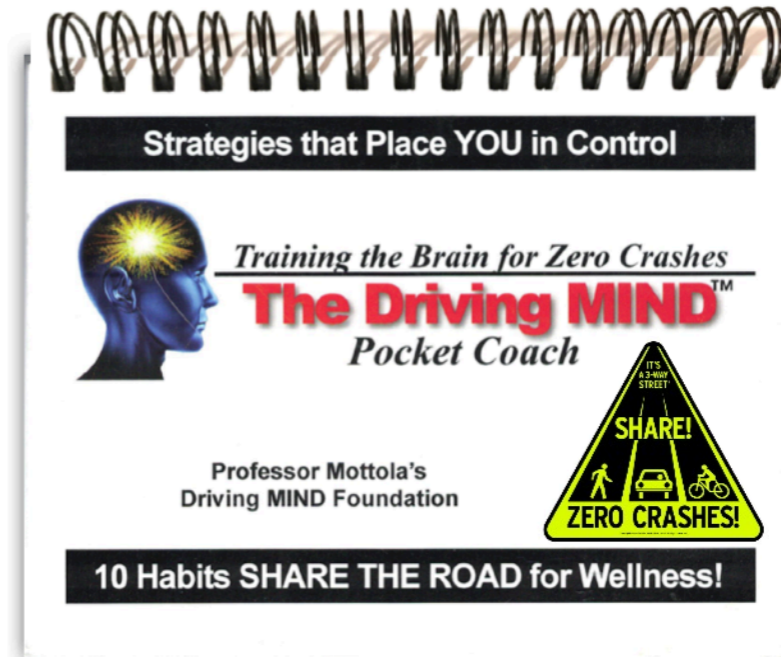


Professor Mottola's
Family Wellness Training
eCoach



**It's
"Deliberate Practice"
That Makes This
Training So Special!**

Intro 1 Practice



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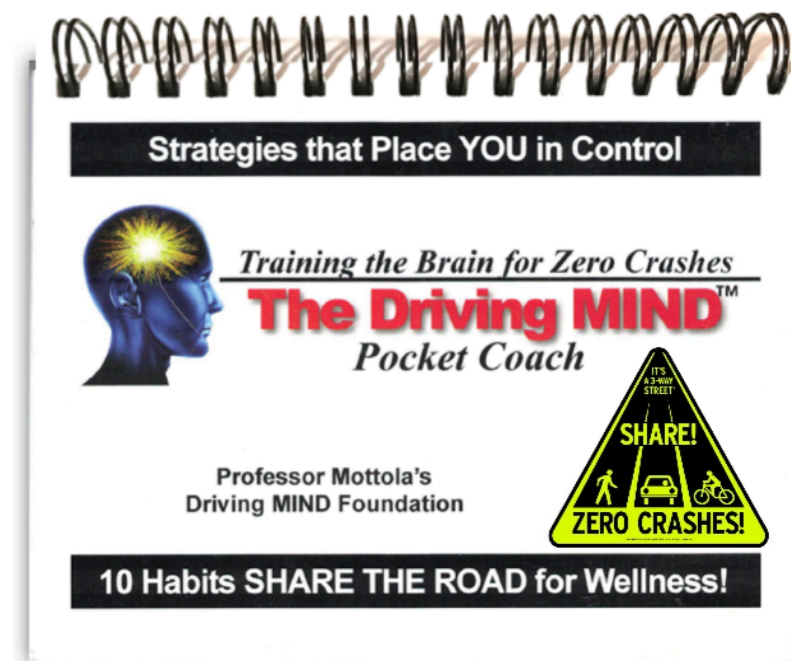
Family Wellness Training is all about Habit Development



**Train
the
Brain**

Four Stages for Habit Development

1. Learn a few strategies and actions.
2. Practice them as pedestrians/co-drivers.
3. Demonstrate them to a mentor or coach.
4. They are evaluated as unconscious habits.



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Strategies and Actions to Practice from the NIDB Intro



**Train
the
Brain**

1. The “Critical Second”
2. Use Selective Attention Matrix (SAM)
3. Share the Road with Courtesy
4. Stable and Unstable Critical Seconds
5. “Go” or “Slow” Condition
6. LP1, LP2, LP3
7. Find Opportunity to be Courteous



Repetition of Deliberate Practice cultivates actions to becomes habit!

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MIND Cues Provide Guides for “Deliberate Practice!”

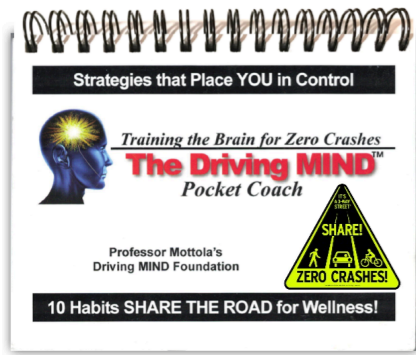


**Train
the
Brain**

It is only with **“deliberate practice”**—
*the brain consciously learning how to
perform one action at a time* — and
repeatedly **performing them in exactly
the same way** that actions become
habits in the unconscious mind to
perform several actions at one time
without thought.



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When you purchase a book it comes with a suction cup that can be used to have a MIND Cue in the vehicle as a reminder for what to practice.

Without a book while using this sample, you can load this program onto a mobile device as a practice guide.

1. Learn a **Zone Control Strategy** from the **Driving MIND eCoach** located at NIDB.org.

2. Use the **Driving MIND CUE** book as a pedestrian, co-driver, or driver as a reminder of what strategy to practice until it becomes habit. **For drivers, the Mind Cues are only read before moving the vehicle.**



Mount suction cup onto the dashboard.



Open book to MIND Cue page to practice.



Hook spiral binding onto the suction cup.

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Intro 1 Practice

Perform the challenge listed on the MIND Cue on at least three different days, or until you are able to explain and demonstrate how to find “Critical Seconds.”

You can get practice while being a pedestrian and while being a co-driver.

The question is, do you want the habit of automatically being aware of the “Critical Seconds?” In later sessions you will look for “unstable” critical seconds.



**Find the
“Critical Second.”**

The “Critical Second” is when you are within one-second of other users of the roadway.

It’s the last second before a potential crash!

Challenge: Spend 10-15 minutes while being a Co-Driver to see how many Critical Seconds you Find, and could be in control of if you were driving. Repeat this challenge on several days. Share with the driver the critical seconds you find.

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Search A Zone for “Go” or “Slow” and for LP2

Intro 1 Practice

Practice visualizing the A, B, and C Zones of SAM.

Search to the A Future Window (the Target Area) to find Go or Slow conditions.

Use this at least on three different days as a pedestrian or as a co-driver.



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Intro 1 Practice

Look for vehicles that move into LP2. Try to classify oncoming vehicles and vehicle ahead as to which LP they are in. See how often you can predict a vehicle making a turn based on the LP position it moved into.

Perform the challenge listed on the MIND Cue on at least three different days, or until you are able to explain and demonstrate the strategies listed.

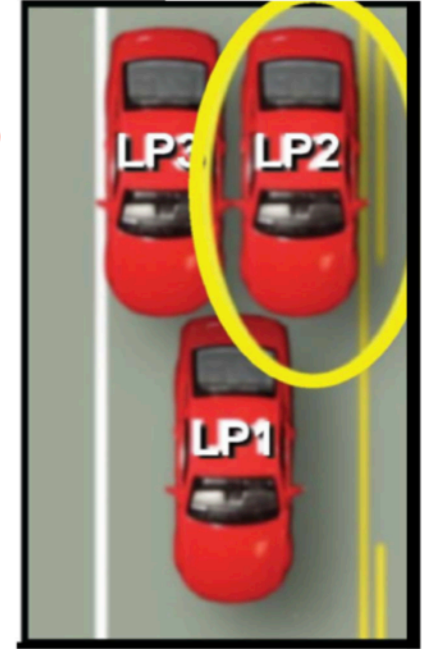
You can get practice while being a pedestrian and while being a co-driver.



Find “Slow” or “Go”
Conditions and LP’s of Vehicles

Four things to Search
the A Zone for.

1. Look for **Slow** conditions.
2. Look for **Go** conditions.
3. Look for the **LP** of vehicles ahead as well as oncoming.



4. Search A Zone for a **car tailgating** a vehicle making a right turn, **who may zigzag** into your path.



1. **Reduce your speed.**
2. **Find Escape Path - Take LP5.**
3. **Flash high beam headlights.**
4. **Blow your horn.**

Habit 4: Find Zigzaggers and Vehicles in LP2

End