



Professor Mottola's

Family Wellness eCoach

For All Roadway Users **10 Habits**



Welcome to *Family Wellness Training*. This message is for all adult drivers in the family, and for parents of teens. If you are a parent of a teen, this program is equally important to you and the teen. The only formal training that most drivers receive is when they are teens learning to pass a licensing exam — which has very little to do with habits to avoid crashes. This program has everything to do with avoiding crashes!

What **attitude** must all roadway users have in common to avoid crashes? They must have the willingness and the skills to Share the Road with one another!

*Teen's are often blamed for the epidemic of crashes. However, **84% percent of all crashes are caused by adult drivers!** So, why do they crash? The reason adults crash is the same reason teens crashes — lack of **Awareness to Share the Road!***

This program trains all family members to Find, Solve, and Control the “**Critical Seconds**” before a potential crash. Teens and adult drivers are **trained like athletes**, where a few actions at a time are learned and practiced, practiced, and practiced into habits. Is it important to you that no one in your family — pedestrians, bicyclists, passengers, or drivers — get into a crash? All can cultivate the Zone Control Strategies into EXPERT crash-avoidance Habits



Explore these eCoach activities — fill YOUR MIND with Awareness!

We are pleased to offer this new training for all members of the family.

[Driver Wellness Training for Families 042621](#)

Would you play this lottery?

[H0094-20 - Driver's Reverse Lottery - v20-0320](#)

Don't let what happened to this family happen to any member of your family.

[H0105-19-SUV-FamilyRollover](#)

[H0430-2 - SAM - LP2](#)