

# Personal Coaching

DriverMetrics® Personal Coaching is an affordable, accessible and effective way to help drivers change their behaviour behind the wheel. Our Personal Coaching sessions are especially effective for targeting crash-involved drivers and those with high risk telematics scores.

Delivered on a one-to-one basis by telephone or online conferencing, our accredited DriverMetrics® coach develops a tailored approach for each individual driver based on assessment results. Our DriverMetrics® coach encourages drivers to identify at risk behaviours and influence the way drivers think and feel about risk.

In an open and honest coaching conversation, driving situations where certain behaviours have been triggered are discussed. This allows the driver to self-reflect on their behaviour behind the wheel and provides a basis for goals to be agreed over a 3-4 week period. A follow up session reinforces behavioural changes for safer driving over the longer term.





## Personal Coaching Programme

- Step 1**  
Your driver completes the Driver Risk Index™
- Step 2**  
The Driver Risk Index™ report and other available data is reviewed by our DriverMetrics® coach.
- Step 3**  
Our DriverMetrics® coach and your driver has a coaching conversation. Behaviour change techniques are used to influence driver behaviour leading to agreed behavioural goals.
- Step 4**  
A summary is sent to the driver and a follow up session is scheduled.

- Step 5**  
In the follow-up session, progress is reviewed and longer-term goals are agreed.
- Step 6**  
A summary report is sent to you, the employer, documenting that the risk identified has been mitigated.

“ I found the programme a great way to tackle the things that were leading to my bad driver habits. I do feel that my driving self awareness has improved. Thanks to Yvonne - the DriverMetrics® coach - am on the way to improving my all round safety on the roads. ”

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### Contact Us

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