Date

To Whom It May Concern:

Subject: National Safety Council classes attended by (Student’s name and DL #)

(Student’s Name) attended two National Safety Council Defensive Driving courses here in our Charlotte office: the 8-hour Attitudinal Dynamics of Driving Course and the 4-hour National Safety Council Defensive Driving Course. Both courses thoroughly cover the subject of aggressive driving. The topic is covered by using videos, instructor lecture, student manual exercises and class interaction.

The following topics are included in the courses specific to the subject of aggressive driving:

-Identifying aggressiveness in yourself and in the actions of other drivers.

-Specific aggressive driving behaviors.

-Causes of aggressive driving in traffic tickets and fines.

-The human cost of aggressive driving in injuries and fatalities.

-How to avoid aggressive driving.

-How to reduce stress and aggression behind the wheel.

-The “Three Steps Method” to regain control and stop aggressive driving, Reflect, Reframe,

Refocus.

Our mission as an organization is to reduce injuries and fatalities, and we work very hard in all our classes to focus in on driving behaviors that cause the most danger to the driving public. Aggressive driving is certainly one of those behaviors and one we make sure gets detailed attention in our classes.

Please feel free to contact me with any further questions.

Sincerely,

Trish Dallman

Manager Safe Driving Programs

Eliminating Preventable Deaths

Safety and Health Council of North Carolina – http://www.safetync.org

Chapter of National Safety Council

P: (704) 644-4212

Email: trishd@safetync.org