



# دورة أساسيات قيادة المركبات الوقائية واستراتيجيات الأمان على الطرقات



**AGILE LEADERS**  
Training Center

21 - 25 Jun 2026  
مسقط



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### The Defensive Driving & Safety Training Course Overview:

The "Defensive Driving & Safety Training Course" is an advanced driver safety training program, meticulously designed to equip participants with defensive driving techniques and a comprehensive understanding of vehicle occupant protection. This certified defensive driving course integrates practical skills in preventing collisions, driving hazard awareness, and the art of mindful driving practices. Emphasizing safety training for drivers, the course covers the stopping distance formula for cars, effective following distance, and strategies for accelerating and braking safely. Participants learn to navigate urban and rural driving challenges, understand the impacts of drugs on driving, and implement DUI prevention strategies. Unique to this course are modules on evasive maneuvers in driving, safe merging and freeway driving, and navigating intersections safely. It's a holistic approach to defensive driving, tailored for corporate driver safety programs, focusing on improving driver skills and awareness, promoting safe driving behavior, and enhancing driver safety and wellness.

### Target Audience:

- Fleet Managers
- Corporate Drivers
- Safety Officers
- Logistic Coordinators
- Employee Transportation Supervisors

This course is ideal for professionals managing fleet driver safety training or involved in employee road safety training, helping bridge their skills gap in defensive driving techniques and enhancing career milestones in safety and compliance.

### Targeted Organizational Departments:

- Transportation and Logistics
- Human Resources
- Health and Safety
- Fleet Management
- Employee Training and Development

These departments will benefit from the course by integrating defensive driving training programs into their safety protocols and fleet safety management.

## Targeted Industries:

- Logistics and Transportation
- Corporate Travel Management
- Construction and Heavy Machinery
- Public Transportation and School Busing
- Emergency and Health Services

These industries face unique challenges regarding defensive driving in bad weather, sharing roads with emergency vehicles, and the need for extensive auto emergency preparedness.

## Course Offerings:

Participants will acquire skills and knowledge in:

- Key defensive driving techniques
- Effective strategies for preventable collision prevention
- Advanced driving safety tips for urban and rural environments
- Methods for safe merging and freeway driving
- Techniques for avoiding head-on collisions and evasive maneuvers in driving

## Training Methodology:

The course employs a blend of interactive defensive driving classes, case studies in defensive driving, and comprehensive driving safety curriculum. Emphasis is on experiential learning, where participants engage in practical sessions on driving safety training for managers, vehicle safety compliance training, and navigating commute traffic safety. The methodology includes virtual defensive driving workshops, driver risk assessment training, and driving hazard recognition training, ensuring a deep and lasting understanding of the concepts.

## Course Toolbox:

- Defensive Driving Techniques Course Workbook
- Online Road Safety Awareness Course Access
- Fleet Driver Safety Training Checklists
- Vehicle Safety Checklists and Compliance Templates
- Case Studies and Real-World Scenarios for Practice

## Course Agenda:

## Day 1: Introduction to Defensive Driving and Safety Basics

- Why You Should Improve Your Driving Skills - Emphasizing the Importance Topic 1: •
- Understanding What Defensive Driving Is - Principles and Practices Topic 2: •
- Which Driver Are You? - Self-Identification and Behavioral Analysis Topic 3: •
- Five Characteristics of a Defensive Driver - Building Essential Traits Topic 4: •
- What Is a Preventable Collision? - Understanding and Avoidance Topic 5: •
- Revisiting Key Defensive Driving Concepts and Personal Reflections Reflection & Review: •

## Day 2: Core Techniques for Safe Driving

- Mastering the Stopping Distance Formula for Cars Topic 1: •
- How Close Is Too Close? - Judging Safe Following Distances Topic 2: •
- The Art of Scanning the Road - Effective Observation Techniques Topic 3: •
- Accelerating and Braking Safely - Controlling Vehicle Dynamics Topic 4: •
- Passing and Being Passed - Safe Overtaking Practices Topic 5: •
- Analyzing Day's Learnings and Practical Implications Reflection & Review: •

## Day 3: Advanced Driving Strategies and Hazard Prevention

- Strategies to Avoid Head-On Collisions Topic 1: •
- Merging Into Freeway Traffic - Techniques for Safe Integration Topic 2: •
- Navigating Intersections Safely - Avoiding Common Pitfalls Topic 3: •
- Understanding the Dangers of Speed - Risk Mitigation Topic 4: •
- Evasive Maneuvers - Practical Skills for Sudden Hazards Topic 5: •
- Group Discussion on Advanced Driving Techniques Reflection & Review: •

## Day 4: Driving in Challenging Conditions and Maintaining Wellness

- Your Body, Your Mind & Your Driving - Impact on Performance Topic 1: •
- Consequences of Driving Under the Influence - Awareness and Prevention Topic 2: •
- Tackling Bad Weather Driving - Skills for Adverse Conditions Topic 3: •
- Urban vs. Rural Driving Hazards - Adapting to Different Environments Topic 4: •
- Surviving Rush Hour - Strategies for Heavy Traffic Topic 5: •
- Reflecting on Personal Health and Driving in Different Conditions Reflection & Review: •

## Day 5: Safety Management, Emergency Responses, and Special Considerations

- Parking and Delivering Safely - End-point Safety Measures Topic 1: •
- Considerations for Driving Large Vehicles - Special Techniques Topic 2: •
- Handling Auto Emergencies - Collision, Blowout, Brake Failure Topic 3: •
- Defensive Driving Case Studies - Real-world Application Topic 4: •
- Fleet Safety Management - Organizational Safety Strategies Topic 5: •
- Final Review and Integrating Safety Practices into Daily Driving Reflection & Review: •

## How This Course is Different from Other Defensive Driving Courses:

The "Defensive Driving & Safety Training Course" stands out due to its holistic approach, combining theoretical knowledge with practical application. Unlike standard defensive driving training programs, this course delves deep into topics like mindful driving practices, the psychological impacts of drugs on driving, and advanced techniques for vehicle occupant protection. Tailored specifically for corporate contexts, it addresses the unique challenges faced by fleet driver safety training, including handling large vehicles and navigating diverse urban and rural environments. The course's interactive format, encompassing virtual workshops, real-world case studies, and comprehensive driving safety curriculums, ensures that participants are not just passive recipients of information but active learners. This course is a benchmark in driving safety training for managers, emphasizing customized driver safety training that resonates with the everyday experiences of corporate drivers.



## فئات الدورات التدريبية



HR TRAINING & DEVELOPMENT

دورات إدارة و تطوير الموارد البشرية



دورات إدارة و تحليل البيانات ودورات علم البيانات



دورات إدارة الجودة وتطوير العمليات



الدورات التدريبية في مجال البيئة والاستدامة



دورات التسويق وإدارة علاقات العملاء وإدارة المبيعات



دورات التدريب القانوني والمشتريات والتعاقدات



دورات الاتصال الجماهيري و السياسات والعلاقات العامة



دورات النظم السيبراني ودورات تقنية المعلومات



دورات الصيانة ودورات المجالات الهندسية المتنوعة



دورات الصحة والسلامة والأمن المهني



دورات السكرتارية و إدارة المكاتب



دورات الحوكمة وإدارة المخاطر والامتثال



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## فئات الدورات التدريبية



دورات معتمدة من قبل هيئات دولية



دورات في مجالات القيادة والإدارة



دورات المهارات الشخصية وتطوير الذات



دورات المحاسبة و التمويل و دورات الإدارة  
المالية



دورات مكتب إدارة المشاريع وإدارة المشاريع  
الرشيقية

## مدن التدريب



أمستردام - هولندا



أكرا - غانا



أثينا - اليونان



أبوظبي - الإمارات العربية المتحدة



الدوحة - قطر



الدار البيضاء - المغرب



الجبيل - المملكة العربية السعودية



استنبول - تركيا



المنامة - مملكة البحرين



الكويت - الكويت



القاهرة - مصر



الرياض - المملكة العربية السعودية



بانكوك - تايلند



بالي - جمهورية إندونيسيا



بأكو - أذربيجان



باريس - فرنسا

## مدن التدريب



تبليسي - جورجيا



بوكيت - تايلاند



برشلونة - إسبانيا



براغ - جمهورية التشيك



دبي - الإمارات العربية المتحدة



جوهانسبرغ - جنوب إفريقيا



جنيف - سويسرا



جاكرتا - جمهورية إندونيسيا



سيول - كوريا الجنوبية



سان دييغو - الولايات المتحدة الأمريكية



زنجر - تنزانيا



روما - إيطاليا



طشقند - أوزبكستان



طرابزون - تركيا



شيكاغو - الولايات المتحدة الأمريكية



شرم الشيخ - مصر

## مدن التدريب



فيينا - النمسا



عن بعد - منصة زووم



عمان - المملكة الأردنية الهاشمية



طوكيو - اليابان



لندن - المملكة المتحدة



لانكاوي - ماليزيا



كاب تاون - جنوب إفريقيا



كوالالمبور - ماليزيا



مونتره - سويسرا



مسقط - سلطنة عمان



مدريد - إسبانيا



ماربيا - إسبانيا



نيس - فرنسا



نairobi - كينيا



ميونخ - ألمانيا



ميلان - إيطاليا

# WHO WE ARE

Agile Leaders is a renowned training center with a team of experienced experts in vocational training and development. With 20 years of industry experience, we are committed to helping executives and managers replace traditional practices with more effective and agile approaches.

## OUR VISION

We aspire to be the top choice training provider for organizations seeking to embrace agile business practices. As we progress towards our vision, our focus becomes increasingly customer-centric and agile.

## OUR MISSION

We are dedicated to developing value-adding, customer-centric agile training courses that deliver a clear return on investment. Guided by our core agile values, we ensure our training is actionable and impactful.

## WHAT DO WE OFFER

At Agile Leaders, we offer agile, bite-sized training courses that provide a real-life return on investment. Our courses focus on enhancing knowledge, improving skills, and changing attitudes. We achieve this through engaging and interactive training techniques, including Q&As, live discussions, games, and puzzles.



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