Driver Wellness, Nutrition and Lifestyle Management for Long Distance Drivers

Traffic Management & Road Safety

Course Overview

Driver Wellness, Nutrition and Lifestyle Management for Long Distance Drivers: a 5-day professional training course from LTC Consultants, delivered...

What You Will Achieve

- Explain the core principles and current good practice in Driver Wellness, Nutrition and Lifestyle Management for Long Distance Drivers
- Apply practical tools and techniques for Driver Wellness, Nutrition and Lifestyle Management for Long Distance Drivers in your own organisation
- Analyse real-world scenarios and select the right approach with confidence
- Avoid the common pitfalls that undermine Driver Wellness, Nutrition and Lifestyle Management for Long Distance Drivers in practice
- Build a personal action plan to implement what you have learned

Who Should Attend

Directors, senior managers, heads of department, team leaders and high-potential professionals preparing for greater leadership responsibility.

Course Outline

1. Setting the scene: Driver Wellness, Nutrition and Lifestyle Management for Long Distance Drivers in today's organisation
2. Key concepts and the language of Driver Wellness, Nutrition and Lifestyle Management for Long Distance Drivers
3. Frameworks and good practice that deliver results
4. Hands-on application: workshop exercises and cases
5. Problem-solving clinic: participants' real challenges
6. Integrating Driver Wellness, Nutrition and Lifestyle Management for Long Distance Drivers with day-to-day operations
7. Reporting, metrics and demonstrating value
8. Action planning: your first 90 days after the course

Upcoming Dates and Fees

DATES	VENUE	FEE (PER DELEGATE)
9 to 13 Nov 2026	Lusaka	**$1,395**
16 to 20 Nov 2026	Maputo	**$1,550**

30 Nov to 4 Dec 2026	Johannesburg	**$1,550**

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Every delegate receives a Certificate of Attendance. Group and in-house rates available on request.