

4 REASONS TO USE VIRTUAL REALITY TO IMPROVE PRESENTATION SKILLS

Perfect for those with public speaking anxiety

01 WHY WOULD THIS TRAINING HELP?

Many people experience fear at the idea of having to stand in front of large audiences and talk.

Some speakers can become debilitated by thoughts of what to say.

Much of the anxiety associated with public speaking can be minimised through techniques to manage nerves and repetitive practice.

The VR simulator helps reduce anxiety and manage the stress of presenting in front of large groups of people by recreating the conditions of a delivering a conference presentation.

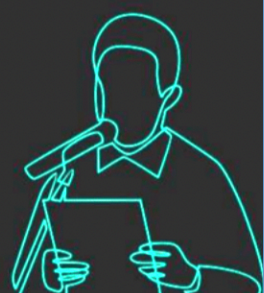
73% of people suffer from speech anxiety prior to giving a presentation or public speech.

That is three out of four individuals suffer from pre- speech anxiety.

This makes our nerves normal.

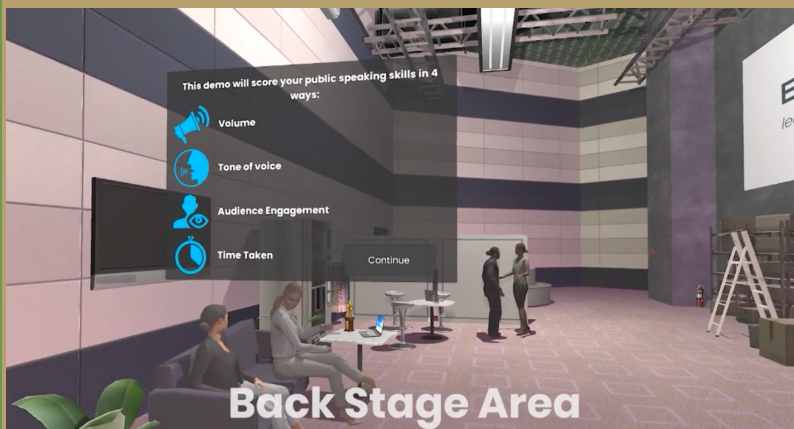
Statistic: National Institute of Mental Health

In this course you will learn strategies and techniques for overcoming your nerves, presenting a confident stage presence and how to use your voice to deliver a powerful and persuasive speech.



02 WHAT ARE THE OBJECTIVES?

- Overcome public speaking anxiety through exposure to an immersive conference environment
- Practice anxiety reducing exercises
- Practice engaging with your audience and maintaining great eye contact
- Pace your speech and manage your time whilst presenting
- Systematically use metrics to evaluate and improve on your performance



03 WHAT CAN I EXPECT?

- A back-stage preparation area
- Virtual audience- you can choose an intimate boardroom meeting or a auditorium conference stage
- To be scored on 4 key metrics: volume, tone of voice, audience engagement and time taken enabling them to reflect and improve upon their performance.



04 HOW CAN I FIND OUT MORE INFORMATION?

This training can be carried out remotely, delivered through a virtual reality app and take between 5-20 minutes. Set your employees up for success with engaging and valuable training.

PRESENTATION SKILLS: AUDITORIUM AND BOARD ROOM

Auditorium:

- Preset / Personalized Speech
- Practice through warm up exercises
- Live metrics

Board Room:

- Personalized presentation
- Select difficulty based on user experience
- Live metrics
- Distractions and Interruptions
- Monitoring hesitation & filler words
- Replay