

THE POWER OF VR IN TRAINING

The Science behind Solas VR Mindfulness App



VIRTUAL REALITY, TRAINING & CORPORATE MINDFULNESS

A game changing
synergy based on
science and powered by
immersive technology

IS MINDFULNESS A TRAINING TOOL?

A mindful minibreak is a powerful boost to training effectiveness - keeping trainees focused and creating a more receptive state of mind

Starting from the many case studies on training in VR and the compelling results, Solas VR app took science a step further: we have created a meditation app tailored to business and training needs. Corporate mindfulness is praised as the antidote to burnout and team detachment due to the pandemic. In the SolasVR App we provide shared experiences regardless of the physical distance, delivering immediate benefits. At the same time, combining mindfulness with any VR training program allows the mind to be more receptive delivering more effective training.

THE POWER OF MICROBREAKS

and how they impact training effectiveness

A Microbreak is a short break you take from work (or anything that calls for your unhindered attention) in order to help your mind refresh and improve performance. Working for many hours straight, without a break or at least some stretching doesn't signal a hard-working professional.

On the contrary, there is academic proof now that our brain ceases to focus after a while; so we stop being productive or creative. This condition is called The Troxler Effect and it is like we stop seeing something after paying continuous attention to it. In the same way an item disappears from our view, new ideas and solutions disappear from our minds when we stay focused for too long. Taking a short break and allowing the mind to let go of the project and engage to anything else is an excellent way to regain focus and boost creativity.

During a training session- for hard or soft skills- a microbreak via Solas VR app can refresh focus and refresh trainee engagement.



SolasVR App can be delivered on Stand Alone Headsets such as **Oculus** or Pico. It is also available on immerse.io

The technology is accessible, affordable, easy to use and requires very little integration and limited IT support. At the same time, Solas VR provides incremental benefits throughout the organisation and supports better living and working conditions for all.

The Solas VR mindful experience is one of the few activities that:

- Nurtures the employer-employee relationship
- Deepens the sense of community
- Boosts productivity
- Enhances mental wellbeing

Solas VR meditations are ideal for micro-breaks; they allow the mind to experience a relaxing and refreshing time off in nature, while at work. VR technology triggers the mind in the same way the real experience does, meaning the effects of a Solas VR microbreak mirror those of a walk in actual nature.

Mindfulness programs, like the Solas VR app, help leaders and employees reflect effectively, focus sharply on the task at hand, master peak levels of stress, and recharge quickly. On an organizational level, mindfulness reduces sick days, increases trust in leadership, and boosts employee engagement.

Solas VR app offers a selection of 360 videos from the majestic nature of Ireland, combined with sounds, music and guided meditations. The user- or the training manager- selects the duration and content. As soon as the headset is on, the journey begins.

