**Presence**: Breathe in the freshness, and breathe out the stress and negativity. A series of guided breathing exercises that will help you restart your mind and feel better, any time, at any place.

Title image: To be added soon

Players: Single Player

Categories: Meditation & Mindfulness
Soft Skills

Headsets: Pico Neo 3
Meta Quest 2
HTC Focus
HTC Focus Plus

Learning Objectives:

**Better Decision Making:**Clear your mind of anything that is not useful to you. Create space and allow your judgment and decisions to reflect your intelligence and a better self.

**Better Focus:**Prepare yourself for a challenging debate, a training class (either you are the trainer or the trainee), a presentation or a proposal (or any kind). Let the deep breaths unclutter your mind, and regain your focus and confidence.

**Calmness and Relaxation:**Train yourself to find calmness at any time. Let this module become your safe space and return at any moment you need to cope with anxiety or any negative emotions.