PANIC LOBSTER

DEVELOP PUBLIC SPEAKING SKILLS

WHAT IS PANIC LOBSTER?

Panic Lobster is a virtual reality programme designed to help its users overcome glossophobia, or the fear of public speaking, while also assisting them in developing business and people skills. It places users in front of a virtual audience that simulates the effect of standing alone in front of a crowd. The programme is also useful for those who wish to polish their pitches prior to presenting them. [1]

STATISTICS

74% OF PEOPLE FEAR PUBLIC SPEAKING[1]

41% OF PEOPLE WOULD RATHER DIE THAN SPEAK IN PUBLIC[3]

90% OF LEARNING HAPPENS DURING THE EXPERIENCE[1]

Panic Lobster places the user in possibly stressful or anxiety-inducing situations that could occur in the real world. The programme assists its users in getting ahold of their emotions and boosts self-confidence. [1]

[1]

[2]

To use Panic Lobster, users need only create an account and have either an Oculus Go or Rift. The programme is free to use otherwise, but individuals can choose to purchase a subscription. [1]

"EXPERIENTIAL LEARNING" [1]

PANIC LOBSTER'S EFFECTS, FEATURES, AND MODEL

"LEARN BY DOING"

Panic Lobster simulates lifelike environments in which one can practise, hence allowing for efficient learning and a multitude of hands-on experiences without risking embarrassment. [1]

"ENGAGE"

The programme immerses users in situations that they could possibly find themselves in later and provides tools such as timers for them to use. It also has a feedback feature that is available with their "Promo Subscription." Users who have the subscription will be able to enjoy guidance from professionals on their pitches. [1]

"HAVE FUN"

Panic Lobster's model relies on the assumption that other courses do not prioritise making the learning experience fun. The programme promotes a gamified process to entice its users. [1]

TRAIN THROUGH VR [1]

- Ability to learn in realistic environments
- Provides a cinematic experience
- A gamified system
- Train anywhere, anytime

TOOLS [1]

- Timer/Countdown
- Ability to record and upload audio from a pitch
- A dashboard to track progress

EXPERT GUIDANCE [1]

- A team of public speaking mentors at the ready
- Pitch analysis
- Weekly mentoring

CUSTOMISABLE [1]

- Ability to create custom environments to practise in
- Simulate intense and stressful situations
- Train teams efficiently

THE RESULTS [1]

- Improved self-confidence
- Better self-control
- Refined speaking, business, and people skills