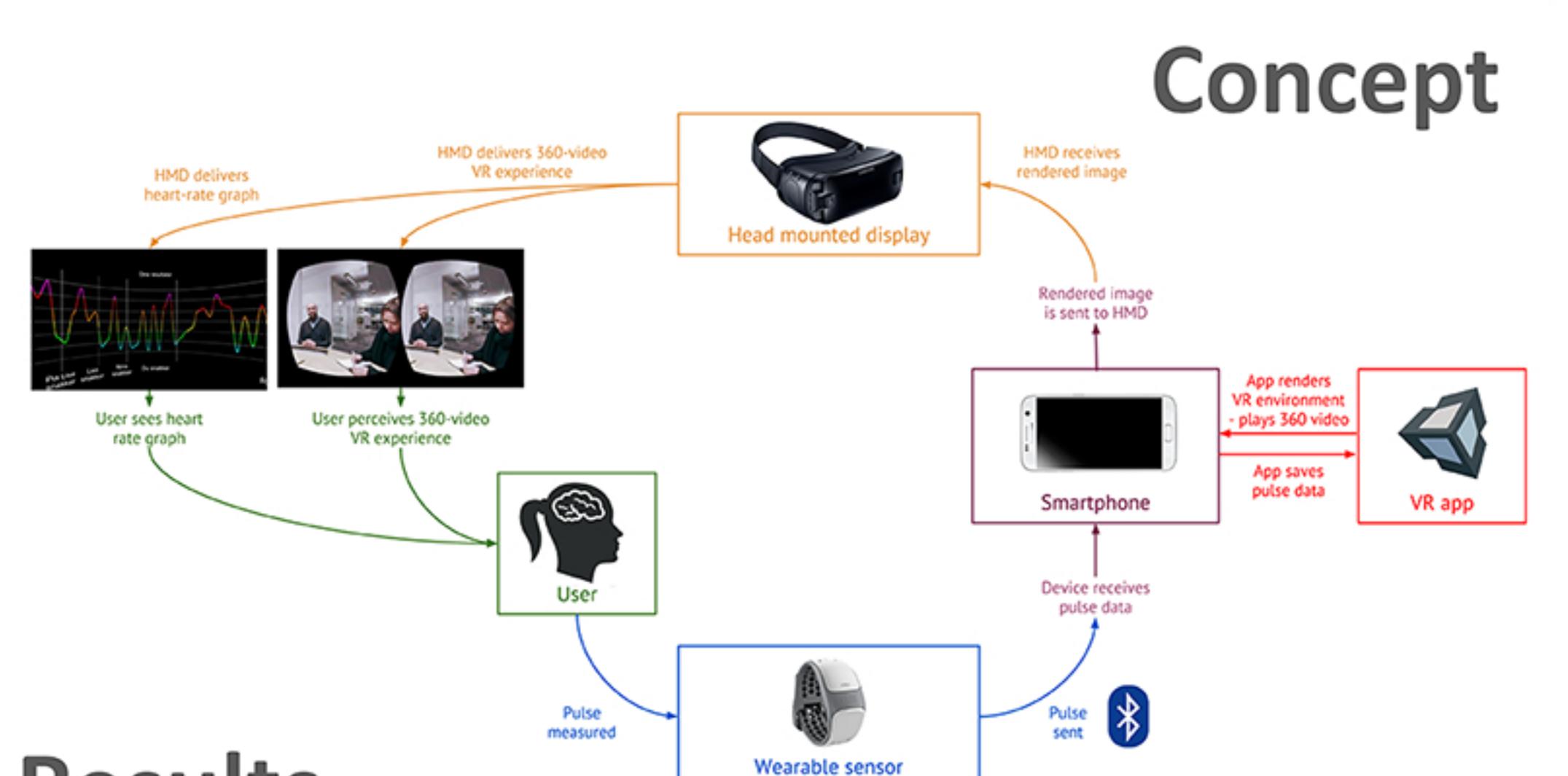
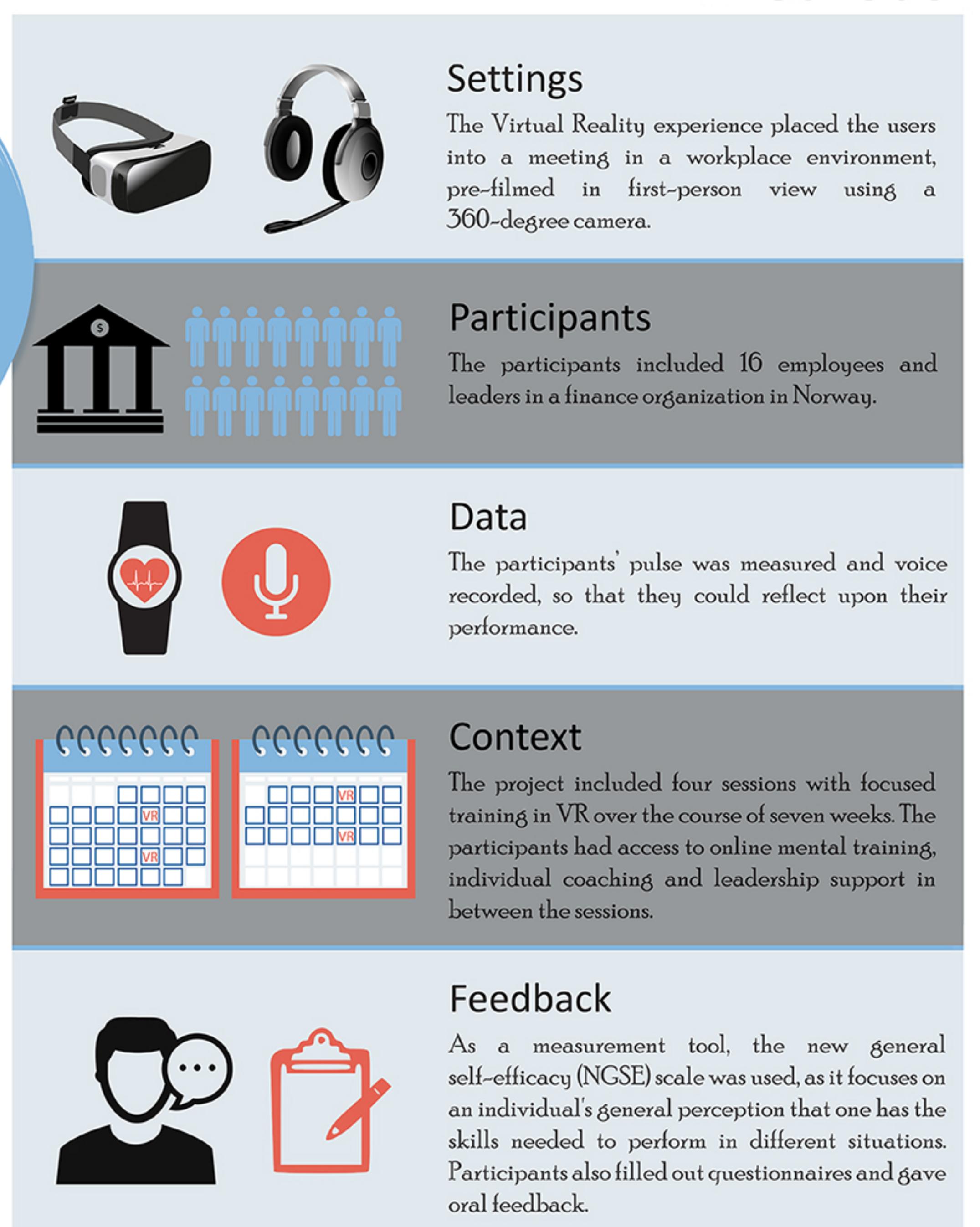
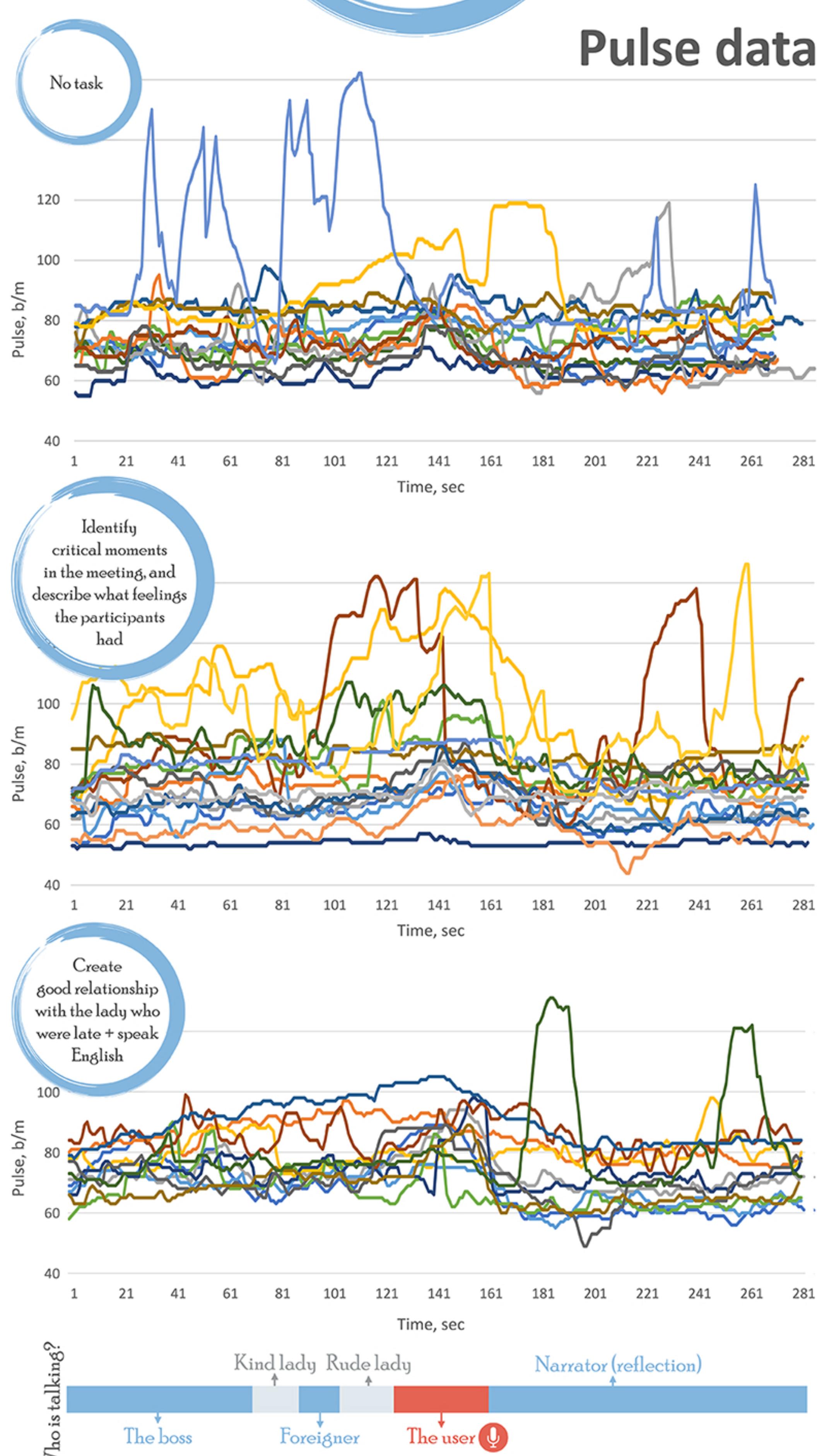
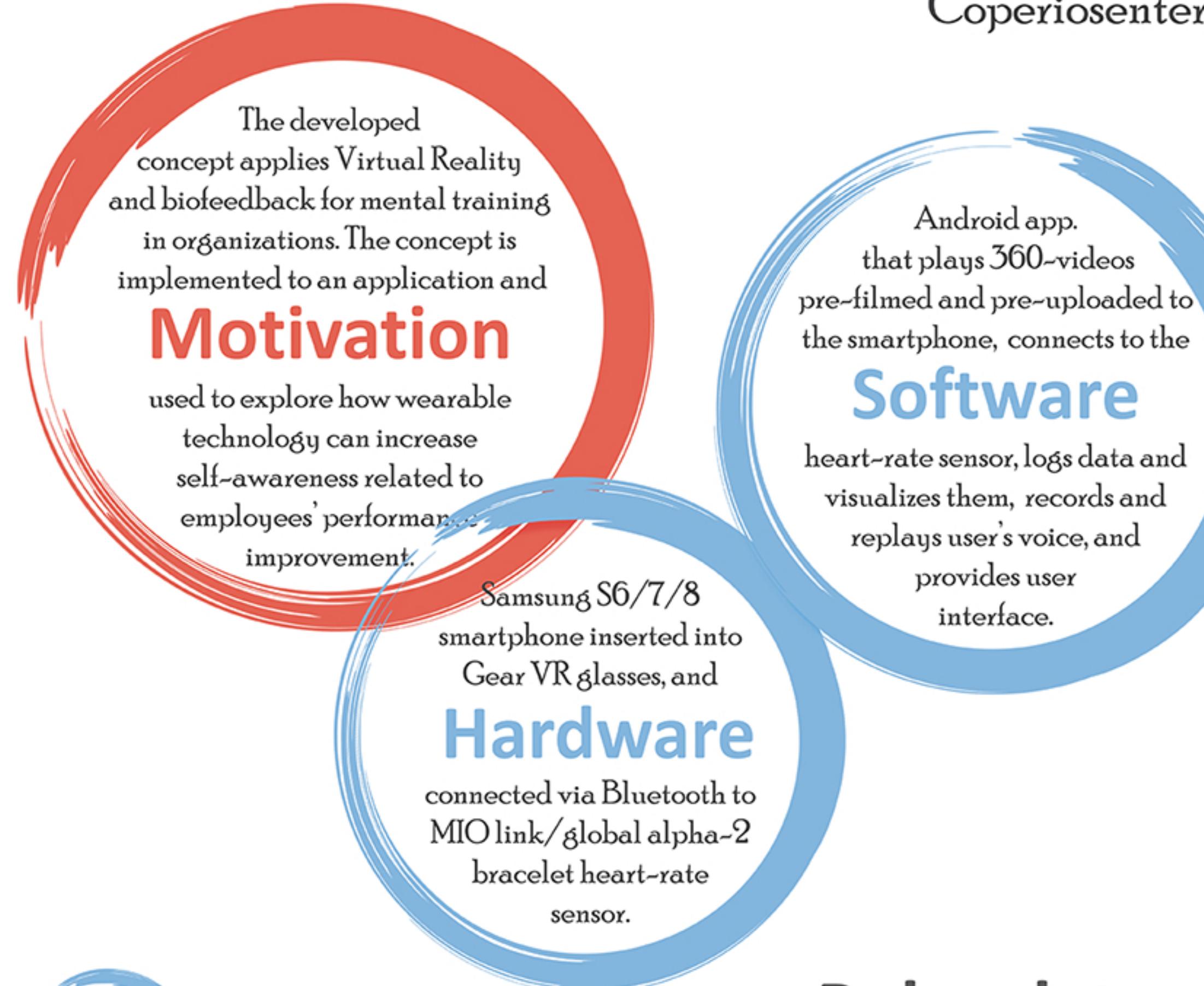


Virtual Reality for Mental Training in Organizations

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Results

The VR-experience is valuable in everyday work, for example by enhanced listening skills. Many reported that they have increased self-awareness and ability to perform. VR-experience may help to increase self efficacy. Six participants, rose by 19 NGSE points. Three participants had a reduction of 8 points, and seven participants did not complete NGSE. The four who recorded the lowest score at the first measurement, increased the most at the last measurement. This may indicate that the VR process has helped to lift this group in an efficient way. The participants with a reduction, had the highest NGSE score at the first measurement.

Access to pulse data is useful. The data were used to identify critical moments in combination with reflection on what was thought of at the given time, and in what emotional state.

The sessions were characterized by curiosity and reflections on various topics (e.g., stress management and emotional intelligence). Different goals in every VR training yielded learning benefits making the participants more engaged and showing the value of the fact that there are many mental skills that can be exercised in the same scenario.



CoperioSenteret AS is a norwegian company founded in 2003 by professor Tore C. Stiles and is located in Trondheim, Norway. The company has broad experience and specialized knowledge in psychology, occupational health & organizational development in public and private sector,

