

# Virtual Reality (VR) Workforce Training



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# About

CEO of O'Brien CMC

Social Skills Training Program utilizing virtual reality technology since 2022

At the time of this video, we have 50 Active Participants in the program, and have served well over 100 learners since inception

ACCES-VR Service Provider

Located in Westchester and Rockland counties in NY



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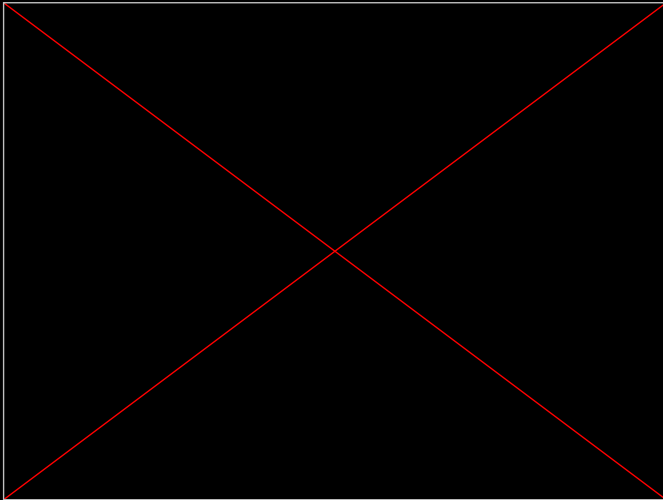
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# What is Virtual Reality? (VR)

VR is a technology (headset and software) that produces an *immersive, realistic, 3D* 360-degree *computer generated* simulation.



- Blocks out real world (enhanced focus)
- Uses controllers to interact, manipulate objects, and perform actions
- Range from realistic to hyper-realistic environments

# VR Equipment



# CareerLabs

careerlabsvr.com



# Virtual Speech

[www.virtualspeech.com](http://www.virtualspeech.com)



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# Curriculum Topics

Active Listening  
Conflict resolution  
Conversational skills  
Job Interviewing  
Emotional Regulation  
Eye Contact  
Giving and Receiving Feedback  
Public Speaking  
Travel Training

# Google Earth VR

## Travel Training



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# VR Driving Simulation “VR Driver School”



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# Why VR for workforce training?

- Visual, Audio, and Haptic Tool
- Risk Mitigation
- Career exploration assessments
- Hand-Eye Coordination
- Roleplay situational scenarios ([virtualspeech.com](http://virtualspeech.com))
- Repeated practice
- Reduced anxiety
- Personalized Data Tracking
- FUN!

# How does VR Workforce Training work?

- 1) Users place the headset on their head
- 2) Users are placed in a simulation
- 3) User experience is casted to another electronic device for live-time tracking
- 4) Instruction and coaching is given throughout the simulation
- 5) Feedback and analysis is provided  
(Observational assessments and scoring)



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# Research Studies

-PwC discovered in a 2022 study that VR learners were 4x more focused during training than classroom learners and 1.5x more focused than e-learners. (Better knowledge retention)

-2021 study in the *Journal of Autism and Developmental Disorders* examined research on VR interventions for ASD and found it effective for improving social communication, reducing repetitive behaviors, and increasing adaptive skills.

-2022 Study in *PubMed Central* indicated that VR based training can enhance attention, executive function, and social interaction skills.

-2024 Study in *Frontiers in Psychology* indicated that VR environments can improve social skills and reduce anxiety in controlled settings.

# Common Misconceptions

*- "It's just for gaming"*

Companies such as Boeing, Walmart, KFC, UPS, Verizon, and Siemens all have used VR training for their workforce. It has applications in a variety of industries.

*- "Bad for your eyes"*

No studies suggest that VR damages eyesight. Like all technologies with screens, extensive use causes eye strain and fatigue.

*- "You will get dizzy/seizure"*

There is always possibility of motion sickness or discomfort. To combat this, simulations are conducted while sitting, or if standing, with minimal fast motions or movement. For seizure disorders it is always best to consult your doctor, but in our simulations, the absence of flickering or flashing lights and loud sounds dramatically reduce the likelihood of occurrence.

*“-Not good for teamwork activities”*

VR allows for shared user environments, and many simulations are created for teamwork in mind

*“-VR is extremely expensive”*

Some VR technologies can be expensive, but prices have come down over the years.



# VR Workforce Training Future Trends



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Increased Realism  
and Immersion  
(Mixed Reality)

Advanced Haptics

AI Powered  
Personalization



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# Questions?

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