

# PERFECTING YOUR PRESENTATION SKILLS WITH VIRTUAL REALITY (VR)

Do you want to give convincing presentations? Do you want to feel confident and in control in front of your audience? Do you want to engage your audience and deliver a message that sticks? Then this VR training facility might be something for you. With the help of VR technology, you will find yourself on a virtual stage in front of a virtual audience. Here you can practice your presentation and your presentation skills as many times as you want, without having to worry that your audience gets tired. How can practicing in front of a virtual audience help? After all it is not the real thing. Many UT students have tried this VR training and they were impressed how powerful and intense this experience is!



Want to give it a try? Here is how it works. You can sign up for a training session individually or in a small group of 2 – 3 students. Training sessions will last about 45 – 60 minutes. Prior to the training session you prepare your own presentation and PowerPoint slides. When you enter the training session you will receive instructions about how to use the VR equipment. You can import your slides into the VR environment, so you can project your slides on a virtual screen behind you on the virtual stage. You will also receive guidelines for the training of different skills (e.g., using variation of pitch and/or volume). You can use the VR headset to practice your presentation multiple times. Each time, you present for about 5 minutes (if your presentation is longer, you can just present a part of your presentation). Instruments are available that can be used to rate your skills and to set goals for further improvement. This helps you to focus, to work on specific skills, and to monitor your progress.

## PRACTICAL INFORMATION

**Costs:** This training is part of a research and development project at the UT. The VR environment is fully functional, but the other resources (guidelines, instruments to rate your skills and progress) are in the testing phase. Participation is free of charge, but we would like you to allow us to collect data (strictly anonymous) for research so we can further develop and improve these materials.

**Preparation:** Prepare a presentation and PowerPoint slides. The slides can be imported and used in the VR environment. Be advised that written notes on paper can't be used because you will be wearing a VR headset.

**Additional information:** It is not possible to wear glasses inside a VR headset. If your eyesight is still okay without glasses, then you might take off your glasses. Else consider using contact lenses.

**Duration session:** Max. 75 minutes

**Location:** UT

**Date and time:** By appointment.

## Contact details:

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