

Rebound Live Webcast

August 2, 2022

Using Augmented and Virtual Reality for Learning

Key Takeaways

1. Keys to retaining attention. It can be developed.
 - a. Sleep
 - b. Eat well
 - c. Exercise
 - d. Minimize the use of your cell phone
 - e. Be organized, ie use a to-do list
 - f. Practice - train
2. Pomodoro Technique is a time management method developed by Francesco Cirillo in the late 1980s. It uses a kitchen timer to break work into intervals, typically 25 minutes in length, separated by short breaks.
3. Keys to improving culture in a remote work environment
 - a. Actively listen
 - b. Interact across teams
 - i. Lunch and Learns
 - ii. Social time - people need social settings
 - c. Flexibility
 - i. Create "Core Working Hours" from 10am-3pm instead of demanding work starts at 8am or 9am.
4. Keys to using VR
 - a. What problem are you trying to solve? What is the value of solving it?
How do you measure it? What is the delta?
5. Assessments
 - a. Big Five Personality Test
 - i. Free
 - ii. Diagnostic, not prescriptive
 - iii. Science based
6. Can you develop your leadership abilities? Yes, but you have to care first...care about people!