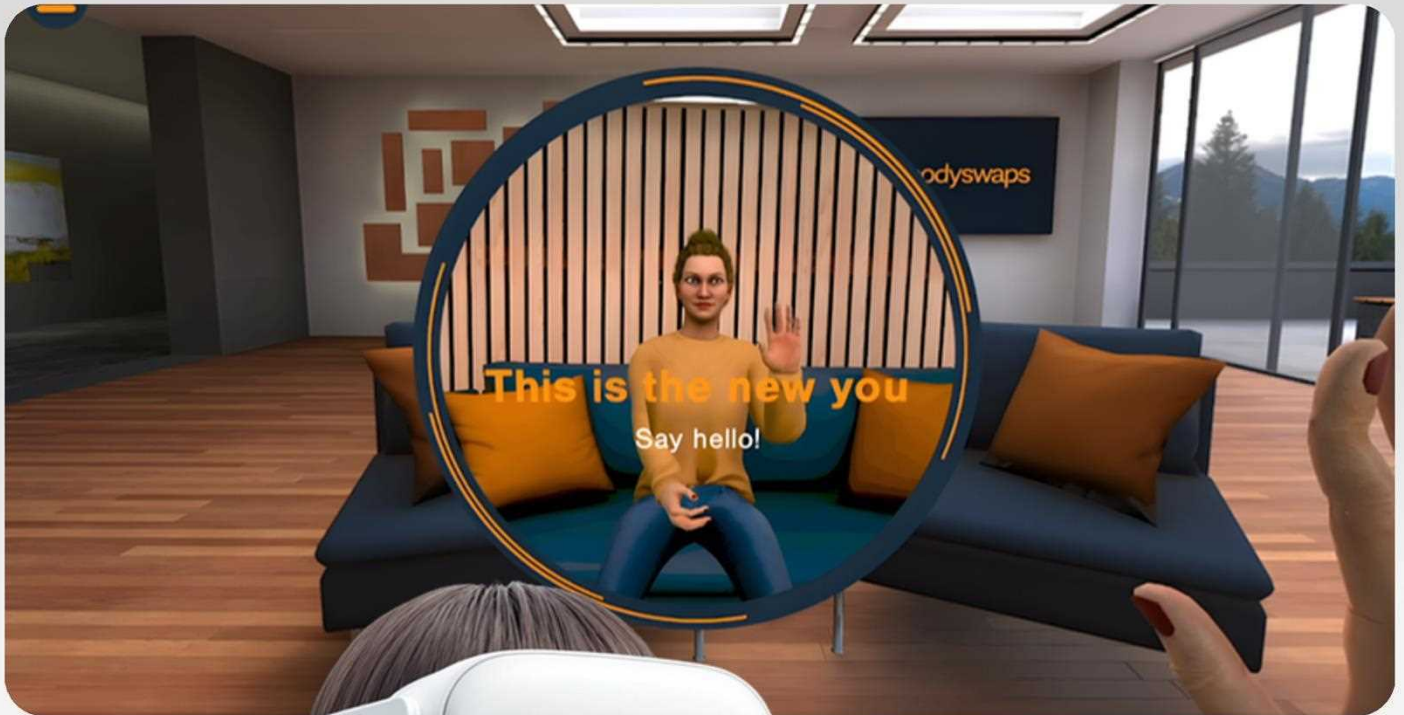




NEXT WORLD

# Managing Interview Anxiety

## VR Module Overview



VR module created by  bodyswaps



15 minutes



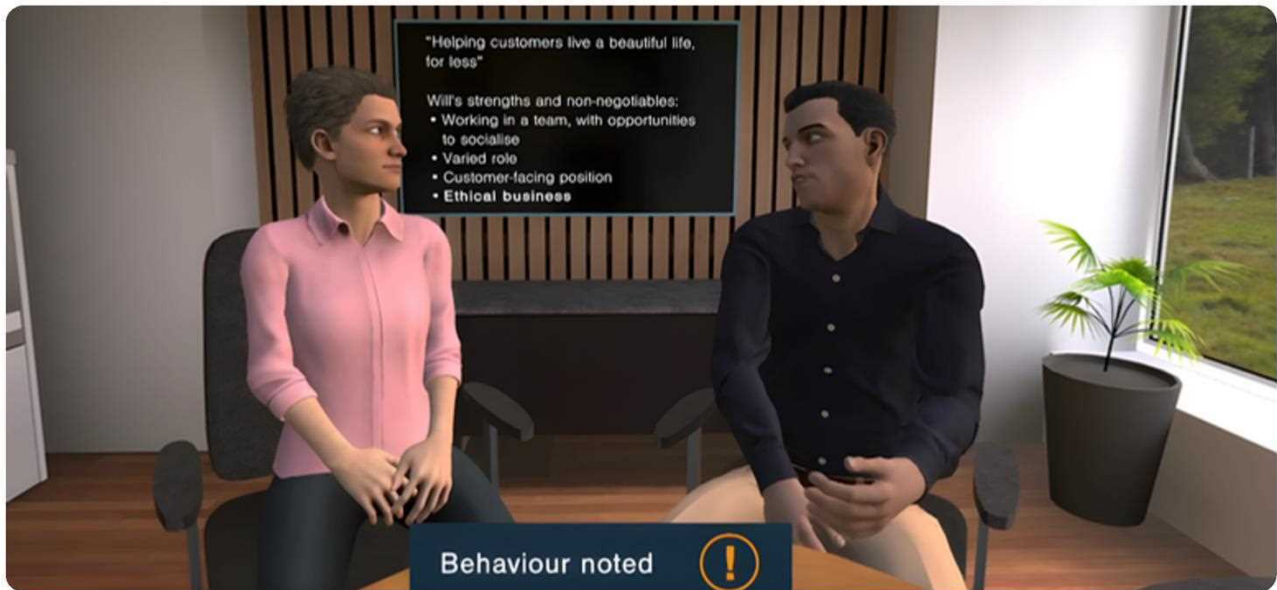
Training



Certificate

# Managing Interview Anxiety

This module is part of our Employability Module Series



An interview should be your time to shine, but nerves and anxiety can hold you back. This module looks at three simple methods to build confidence and manage anxiety.



VR, PC, mobile and web



Completion certificate



LLM & scripted roleplays



Lesson planning resources



AI-powered personalised feedback



25+ Module library

## Who is it for?

This comprehensive module is designed for a diverse range of learners and a broad range of competency levels. It's particularly beneficial for:

- **Higher Education institutions:** Enables students to develop essential soft skills in preparation for the transition from academia to the workplace.
- **Employability agencies:** Engages and supports job seekers and optimises the outcomes of their search for employment.
- **Further Education colleges:** Engages and supports graduating students or those looking for work placements and apprenticeships to maximise the outcomes of their job search.
- **High Schools & Further Education colleges:** This module can help your institution meet the Ofsted's Inspection Framework expectations on Personal Development specifically on Preparing for employment
- **High Schools & Further Education colleges:** This module can help your institution meet the following Gatsby benchmarks: #3 Addressing the needs of each student.



# Module Structure

What's included in VR Managing Interview Anxiety



**We recommend accessing the ancillary and simulation items (shown here as navy blue squares) in the order indicated by the arrows on the.**

The complete journey takes the learner through 3 interactive topics, led by virtual coaches Ashley and Abeeku, as well as ancillary activities such as onboarding, self-reflection, and the exit survey. It is a linear experience, meaning the learner will be guided step by step through all the activities by the coaches.

We recommend that learners fully interact with each activity to get the full benefit.

It is estimated that each topic will take the learner approximately 5-10 minutes to complete, although completion times vary depending on whether the learner chooses to repeat topics to explore different options (encouraged) or to fine-tune their freeform responses.

## Learning goals

Through this module, you will:

- Discover how posture influences not only your chances of success, but also your physiological state
- Follow a guided meditation to learn an effective mindfulness technique for reducing stress and anxiety
- Develop a research-based self-counselling practice to quieten your 'inner critic' and break the cycle of nerves, negative thoughts and self-criticism



# VR Trainee Certificate

Employees will receive a VR Trainee Certificate upon successfully completing a training module.



**Certificate of Completion:**  
Finished the module, underperformed the pass threshold



**NW**

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