



## Quick Start Guide

### Short list how to prepare yourself for the programme

- Start **self-assessment questionnaire** - identify where additional support and energy may be required during the programme.
- Check if your technology matches our technical specification.
- Book your first Webinar.
- Go through ProReal registration process (you will receive an registration email after booking first Webinar).
- Install unity web player in your browser.
- Equipped yourself in headphone set with microphone before join the Webinar

## The ProReal World in a glance

ProReal is an avatar-based 3D visualisation software platform. It uses avatars and symbols in a landscape setting to help clients build a visual representation of their situation. It supports increased engagement and helps to prompt new ideas and insights; it can be used either remotely or in person.

### The ProReal Landscape

The ProReal landscape is an important component for many Clients – it not only provides a platform in which to base the scene (ie set out the narrative of avatars and props, etc) but it also provides an additional opportunity for new insights and new meaning to be created.

The landscape can be used as a vehicle for storytelling/narrative; features in the landscape (e.g. river, rocks, gates, etc.) can be incorporated into the narrative to provide additional opportunity for metaphor and symbols.

### What is an avatar and why are they important in ProReal ?

Whilst its origins can be traced back to Sanskrit references in the Hindu and Sikh religions, the word avatar is best translated as “appearance” or “manifestation”. An avatar in ProReal is simply a representation of something – it can be an individual (eg the Client themselves, or another individual known to them), it can represent a group of people (eg a team represented by a single avatar), or an entity (eg an organisation or other body). Avatars can also be used to represent less tangible things, such as attitudes, cultures and even different aspects of an individual’s personality.



Recent research into virtual world technology shows that when an individual believes they are interacting with an avatar, their physiological responses and behaviours are more similar to how they will react with a real person.

## The "Me" Avatar

When any new ProReal Session is created, it includes a single avatar. This avatar appears in the landscape automatically, and is labelled with the default name of "Me". This avatar cannot be deleted from the Session.

## Props

As with avatars, props are used to represent a particular element of a Client's Session. They are not usually used to represent people, but they can be used as symbols or as metaphors for many things. As with avatars, props can be added and/or changed as the narrative progresses.

As with the landscape, props are particularly valuable when working with metaphor. Metaphor is extremely common in everyday language, and for many Clients it is the only way to describe internal states, abstract ideas and complex notions. Metaphor often operates unconsciously – neither the Facilitator or Client may be aware of the metaphors being used, but they are always based on how the Client experiences their world.

## Cameras & Views

The ProReal Views function is an important tool in visual coaching. It is based on the following assumptions:

1. Individuals often re-experience visual imagery when remembering events or when thinking about a particular situation. These images are formed and recalled, often unconsciously and may relate to an aspect of "self". For example, they may relate to personal qualities or traits, or to an individual's position in their social world.
2. Accessing and exploring these concepts and images can be helpful for a Client's self awareness and hence problem solving.
3. Additional insights can be gained from taking alternative (ie other than the usual "first person") perspectives – for example, re-framing the way in which a risk or an opportunity is viewed, or looking at a particular relationship "through someone else's eyes."