



COACHING GUIDE

Your guide to using XRT Boundless Scenes



Introduction

If using Boundless for a non clinical context, this guide supports practitioners in using XRT Boundless scenes to help participants build confidence, practise everyday skills, and move closer to their goals.

These tools are **non-clinical** and designed to complement coaching.

XRT Boundless scenes offer a safe, controlled environment where participants can gradually build familiarity with real-world situations. The goal is to help individuals overcome barriers related to confidence, routine, avoidance, or anxiety and support their journey back into meaningful activity, e.g. employment.

The scenes allow coaches to scaffold experiences in a way that feels manageable and empowering, helping participants build self-belief, practise new skills, and take the first steps toward re-engaging with everyday environments.

How the Scenes Support Coaching

XRT Boundless scenes simulate real-life situations such as workplaces, travel settings, shops, or public spaces. These immersive environments help participants rehearse experiences that may feel overwhelming in the real world. Coaches can use them to support and build readiness for work, and strengthen motivation.

Scenes allow participants to experience environments without real-world pressure. **This can help them:**

- Gradually build confidence
 - Explore unfamiliar settings
 - Practise navigating social or physical environments
 - Increase routine and structure
 - Improve readiness for work by reducing fear of the unknown
-

Principles for Coaches

- Scenes are for confidence, practical skill development, and activation.
- Keep all sessions focused on employment goals and forward momentum.
- Avoid trauma, distressing topics, or clinical exploration, redirect gently and signpost to Talking Therapies where needed.
- Encourage curiosity, small steps, and reflective learning.
- Reinforce participant strengths, effort, and progress.
- Provide reassurance and normalise challenges that arise during scene exploration.

Session Structure (Template)

1. Check-in (2–3 mins)

- Begin with a warm, grounding conversation to understand how the participant is arriving today (emotionally, physically, and cognitively).
 - Briefly assess their current readiness to engage in an immersive scene.
 - Confirm jointly that they are comfortable to move ahead with XR exposure for this session.
-

2. Agree Today's Goal

- Establish a clear, work-relevant purpose that feels meaningful and achievable for the participant.
- Link the goal explicitly to their wider employability plan (e.g., confidence with interviews, communication, travel, role-specific tasks).

Examples:

"Practise speaking up in a small team meeting," or "Build confidence by being in a busy reception area."

- Make sure the goal is specific, measurable and grounded in what they feel ready for today.
-

3. Select a XRT Boundless Scene

- Discuss what might stretch them just enough without overwhelming them.

Consider:

- Previous session performance
- Current confidence level
- Their long-term goals (e.g., specific job requirements)
- Jointly choose a scene and clarify what they will be focusing on within it (e.g., eye contact, practising assertive phrases).

Session Structure (Template) cont.

4. Guided Practice

- Introduce the scene gradually, reminding them they remain in control and can pause at any time.
 - Reinforce progress in real time to build confidence and self-efficacy.
-

5. Reflection

- After the scene, guide the participant to explore what they experienced:
 - What felt easier than expected?
 - What was challenging or surprising?
 - What strategies helped them stay grounded or confident?
 - Encourage them to identify any “micro-wins,” no matter how small.
-

6. Link Learning to Work Goals

- Connect insights from the session to real workplace scenarios.
 - Reinforce how building comfort in the XR environment increases readiness for real-world employment settings.
-

7. Agree an Action for the Week

- Collaboratively choose a simple, realistic step that builds on the session’s progress.
- Keep it achievable to increase the likelihood of success (e.g., practising a phrase, taking a short bus journey, making a phone call).
- Clarify when, where, and how they will do it.
- Confirm how you’ll check in on this during the next session.

Example Scenes & How They Support Coaching

The following XRT Boundless environments are designed to mirror the real-world experiences participants may encounter before and during their return to work.

Each scene helps coaches support confidence-building, rehearse workplace-related situations, reduce avoidance, and prepare participants for conversations, transitions and practical tasks associated with returning to employment after a period of ill health.

Coaches should insert relevant scene images in the placeholders provided.

Office – Return to Work Environment

This scene recreates the full return-to-work experience, including entering reception, navigating an open-plan office, approaching a manager's office and sitting at a workstation.

It includes realistic triggers identified in the Work Well design brief such as:

- Colleagues' comments ("What's been wrong with you then?", "You've got a new desk now")
- Background chatter, printers, phones
- Neutral manager greetings ("Welcome back", structured return-to-work prompts)
- Technical issues (computer login errors, changed desk location)
- Looks, muttering, silence or uncertainty from colleagues
- A private return-to-work interview room with manager and/or Occupational Health



Figure 1 – Office Environment

COACHING BENEFITS:

- Practising entering a changed environment after time away;
- Rehearsing meetings about reasonable adjustments or phased returns;
- Preparing for return-to-work interviews;
- Building confidence around colleague interactions, including silence or perceived judgement;
- Navigating new desks, processes or team changes;
- Exploring emotional reactions safely (worry about being judged, fear of returning, "too much too soon").

Manufacturing / Factory – Return to Work Environment

This immersive environment includes a warehouse or factory floor, changing rooms / locker areas, a small manager's office and typical workplace noise.

It incorporates triggers from the design brief:

- Colleague banter or awkward silence;
- Being reintroduced to the team ("This is our new starter");
- Questions about absence ("What's been wrong with you then?");
- Changes to lockers or workstations;
- Worries about capability, job security or judgement;
- Manager/OH interviews with adjustable staffing (1:1 or 2:1);
- Day and night-shift functionality.



Figure 2 – Factory Environment

COACHING BENEFITS:

- Rehearsing first-day-back scenarios, including uncertainty and change;
- Practising conversations about adjustments, capability, or modified duties;
- Dealing with return-to-work interviews and framing needs clearly;
- Exploring reactions to colleague banter or being ignored.

Shopping Centre

A high-stimulus environment with movement, crowds, lighting and open space.



Figure 3 – Shopping Centre Environment

COACHING BENEFITS:

- Building confidence in busy public places, strengthening sensory tolerance for bustling environments;
- Preparing for retail or customer-facing roles.

Coffee Shop / Café

Realistic ordering counters, seating areas and background ambience.



Figure 4 – Café Environment

COACHING BENEFITS:

- Practising social communication in a safe, supported way;
- Building comfort re-engaging with community settings;
- Preparing for hospitality roles or informal workplace interactions (e.g., lunch with colleagues);
- Rehearsing small talk and initiating conversations.

Bus, Train or Public Transport

Includes boarding, finding a seat, observing other passengers and navigating a journey.



Figure 5 – Train Environment



Figure 6 – Bus Environment

COACHING BENEFITS:

- Rehearsing commuting routines essential for returning to work;
- Reducing avoidance of buses/trains after time away;
- Supporting planning, punctuality and journey management;
- Helping participants manage “first commute back”.

Driving Scene

A realistic driving or passenger experience including roads, traffic flow and junctions.



Figure 7 – Driving Environment

COACHING BENEFITS:

- Preparing participants who must drive to work or travel between workplaces;
- Reducing anxiety after long breaks from driving;
- Helping participants mentally rehearse a commute or new travel pattern.

Park or Outdoor Green Space

A calm, lower-stimulus environment ideal for early activation.



Figure 8 – Park Environment

COACHING BENEFITS:

- Grounding and gentle confidence-building;
- Supporting participants who need small, manageable steps back into daily activity;
- Practising basic routines such as leaving the house, walking short distances or being around others.

Relaxation & Reset Environments (e.g., Zen Garden)

Tranquil spaces designed to help participants settle, self-regulate and begin or end sessions in a calm state.



Figure 9 – Zen Garden

COACHING BENEFITS:

- Providing a safe starting point for participants who feel anxious or overwhelmed;
- Offering space to practise grounding before moving to more challenging scenes;
- Helping participants decompress after activating environments.

Additional Everyday Scenes

(Home, Street, Lift, House-to-Office Route)

These scenes can help participants rehearse the full journey back to work, starting from the night before, through to waking up, leaving the house, travelling, arriving, and walking into the building.

These include:

- Home (night-before worry, routine planning);
- Street environments (confidence leaving the house);
- House-to-Office transitions;
- Lift/Elevator scenes;
- Workplace corridors.

COACHING BENEFITS:

- Supporting “end-to-end” return to work preparation;
- Building routines gradually and predictably.



Figure 10 – Home Environment

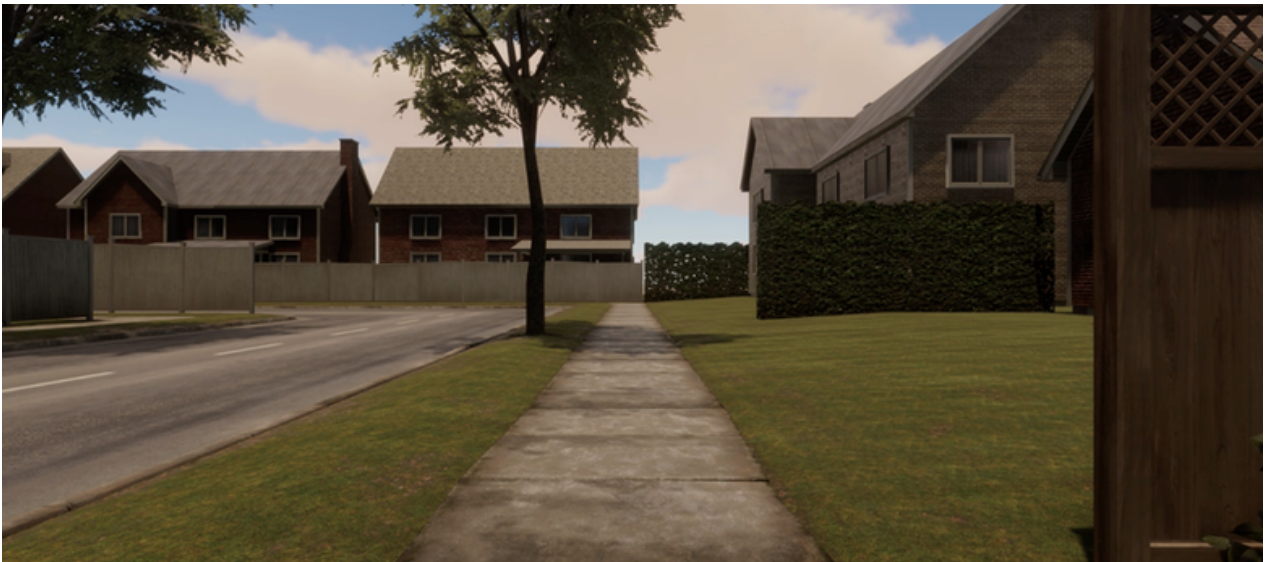


Figure 11 – Street Environment



Figure 12 – Elevator Environment



Figure 13 – Office Car Park Environment