



NEOTOPI

TRAINING CATALOG 2025

Accelerate your team's transformation through immersive learning in virtual reality. A new-generation approach to raising awareness, training, and engaging on issues of equality, inclusion, and workplace well-being.



SEXISM



DISABILITY



LGBTQIA+



PSR MANAGERS



PSR EMPLOYEES



MEDITATION

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SEXISM AT WORK

Raise your teams' awareness of identifying sexist behaviors in the workplace.

According to a 2021 study conducted by the #StOpE collective, which brings together more than 110 companies, 82% of surveyed female employees report: "Women are regularly confronted with sexist attitudes or decisions in the workplace."

With this training module, you will dive into the daily life of a female employee over the course of a year in her professional life. From her perspective, you will face various discriminatory situations.

This experience both lifts the taboo around workplace inequality and gives you the essential knowledge you need to combat sexist behavior.





SEXISM AT WORK

MODULES :

1: Sexist stereotypes – 4 min

Step into the shoes of a woman who has just joined a company as a new manager and is already experiencing sexism.

2: Sexist behaviors – 3 min

Experience various discriminatory situations with a supervisor during the context of career advancement.

3: Pregnancy – 4 min

Feel the pressures a team can impose on you when experiencing pregnancy in the workplace.

4: Parenthood – 2 min

Become aware of the dilemmas of parenthood, which require juggling professional responsibilities and the mental load of private life.

5: Sexual harassment – 3 min

Become aware of the dilemmas of parenthood, which require juggling professional responsibilities and the mental load of private life.

6: Assessment and evaluation – 4 min

Consolidate your knowledge with a series of recap questions.



25 minutes of VR experience



DISABILITY AWARENESS

Raise your teams' awareness of disability inclusion in the workplace.

1 in 2 people will experience disability during their professional life: chronic illnesses, sensory or psychological disabilities, etc.

This module gives participants a glimpse into the daily experiences of employees living with disabilities at work. You will successively step into the shoes of people experiencing deafness, visual impairment, and learning differences (dyslexia, dyscalculia, dysorthographia, etc.).

Living these scenarios first-hand helps identify the best behaviors when working with colleagues with disabilities. It also fosters understanding of workplace accommodations and informs about the steps required to obtain recognition of disability status (RQTH in France).





DISABILITY AWARENESS

MODULES :

1: Using a wheelchair – 4 min

Experience the daily work life of a person with a mobility impairment.

2: Deafness – 4 min

Partial or total deafness is a common invisible disability. Through Katia's experience, you'll discover how it affects her day-to-day life.

3: Visual impairment – 4 min

Partial visual impairment is a frequent sensory disability. Following Manuel, you'll learn how it impacts his daily routine.

4: Dyslexia – 3 min

Through Gladys' story, you'll see how her learning difference shapes her work experience.

5: Depression – 3 min

In this module, you'll learn to recognize some signs of depression and understand the appropriate responses.

6: Obesity – 3 min

Step into Lucie's shoes to understand how this chronic illness can affect everyday situations at work.

7: Assessment & debrief – 4 min

Reinforce your learning with a recap quiz and key takeaways.



25 minutes of VR experience



LGBTQIA+ INCLUSION

Raise your teams' awareness of sexual and gender minority inclusion in the workplace.

Gender and sexual minorities, known under the acronym LGBTQIA+, include lesbian, gay, bisexual, trans, queer, intersex, and asexual people — in other words, those who are not heterosexual or cisgender.

According to the LGBTQ+ Barometer published in 2024 by l'Autre Cercle, nearly 3 in 10 LGBTQ+ employees (28%) still report having experienced at least one act of LGBTQphobic aggression at work.

This awareness module on LGBTQIA+ inclusion in the workplace aims to promote a professional environment that is inclusive and respectful for all. Through interactive scenarios, it highlights the importance of respecting gender identities and sexual orientations, with a focus on dialogue, acceptance, and mutual support.





LGBTQIA+ INCLUSION

MODULES :

1: Daily impacts – 4min

Experience situations of discrimination at work through the eyes of a gay colleague.

2: Discrimination in the workplace – 3min

Immerse yourself in scenarios highlighting the importance of combating prejudice for an inclusive and respectful professional environment.

3: Gender identities – 4min

Encourage understanding, respect, and support for diverse gender expressions.

4: Workplace harassment – 2min

Experience harassment at work, helping you to recognize, intervene, and prevent it.

5: Being an LGBTQIA+ ally – 3min

Become an LGBTQIA+ ally at work and help foster a culture of inclusion and respect for everyone.

6: Assessment & debrief – 4min



25 minutes of VR experience



PSYCHOSOCIAL RISKS (PSR) FOR MANAGERS

Raise your managers' awareness of psychosocial risks (PSR).

As a manager, you play a key role in preventing PSR within your team. Trouble concentrating, irritability, fatigue... Learn to spot early warning signs of distress among your team members and act effectively to protect their health and well-being.

This training provides tools and methods to create a healthy, motivating, and respectful work environment where everyone can thrive and reach their potential.

Become a proactive manager in PSR prevention: motivate your teams and prevent disengagement.





PSYCHOSOCIAL RISKS (PSR) FOR MANAGERS

MODULES :

1: Spotting early warning signs of PSR – 4 min

Step into a manager's shoes and learn to recognize signs of tension, excessive fatigue, or disengagement among your team members.

2: Conducting a conversation in a difficult situation – 4 min

Practice conducting preventive one-on-one meetings using the DESC method.

3: Managing in the face of PSR challenges – 4 min

Experience critical scenarios related to psychosocial risks and learn how to respond to signs of distress in your team.

4: How to avoid unintentional harassment – 3 min

Raise awareness around the importance of constructive and respectful communication.

5: Knowing how to motivate your team – 3 min

Learn how to recognize and reward your team members to enhance well-being and performance.

6: Assessment & debrief – 4 min

Review the key lessons from the training and test your knowledge.



25min d'expérience VR



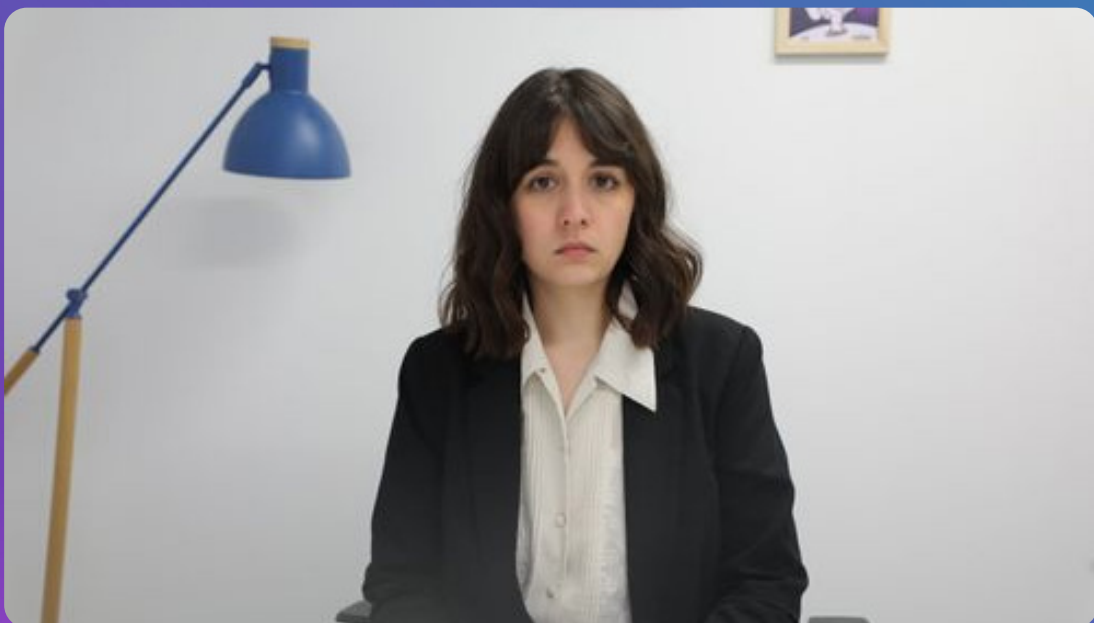
PSYCHOSOCIAL RISKS (PSR) FOR EMPLOYEES

Raise employee awareness of psychosocial risks (PSR).

Difficulties with concentration, sleep disturbances, irritability, nervousness, significant fatigue, etc. — these are some of the symptoms linked to psychosocial risks.

Psychosocial risks (PSR) represent a major issue for the health and well-being of employees, with a significant impact on company performance and productivity. The human and economic costs associated with PSR are considerable. It is not only a matter of social responsibility, but also a key factor for performance and sustainability for your organization.

This training will allow you to gain a better understanding of what PSR are, how they manifest, and how to take action in order to protect your own well-being and that of your colleagues.





PSYCHOSOCIAL RISKS (PSR) FOR EMPLOYEES

MODULES :

1: Stress at work – 5 min

Identify sources of stress in the workplace, understand their impact on your health, and discover strategies to manage them more effectively.

2: Occupational health – 4 min

Learn about the role of occupational health services in the prevention of PSR.

3: Moral harassment – 4 min

Learn to recognize situations of moral harassment, understand their consequences, and know how to react and protect yourself.

4: Sexual harassment – 4 min

Identify the different forms of sexual harassment, understand what is at stake, and learn how to respond to such situations.

5: Incivility – 3 min

Become aware of the impact of incivility on the work climate and learn how to adopt more respectful and constructive communication.



25 minutes of VR experience



MEDITATION

Offer your teams immersive relaxation sessions to help them better manage daily stress and anxiety.

By immersing employees in calming and soothing environments, VR provides an immediate break from everyday professional stressors. This experience fosters relaxation, emotional regulation, and anxiety reduction, contributing to better quality of life at work.

Integrating meditation into your QWL initiatives offers employees a restorative pause that boosts creativity, focus, and engagement. It is also a powerful lever for strengthening team cohesion and resilience.

This module offers 10 themes. Participants can choose to be guided by a male or female voice and immersed in settings such as underwater, in the clouds, under waterfalls, at the beach, or in the countryside.





MEDITATION

MODULES :

- 1: Inner calm – 6 or 12 min
- 2: Joy at work – 6 or 12 min
- 3: Boosting confidence – 6 or 12 min
- 4: Sleeping better – 5 or 11 min
- 5: Recharging motivation – 5 or 11 min
- 6: Taking a step back – 5 or 11 min
- 7: Letting go – 5 or 11 min
- 8: Stress relief – 6 or 12 min
- 9: Managing emotions – 5 or 11 min
- 10: Collective harmony – 5 or 11 min



Approx. 5 minutes of VR experience per module



SERVICES

Flexible pricing tailored to your needs :

Neotopi supports you in deploying an immersive learning solution.

Contact us to arrange a demo and receive a personalized offer tailored to your needs and training objectives.

Learners:



VR Headsets:



[REQUEST A QUOTE](#)

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