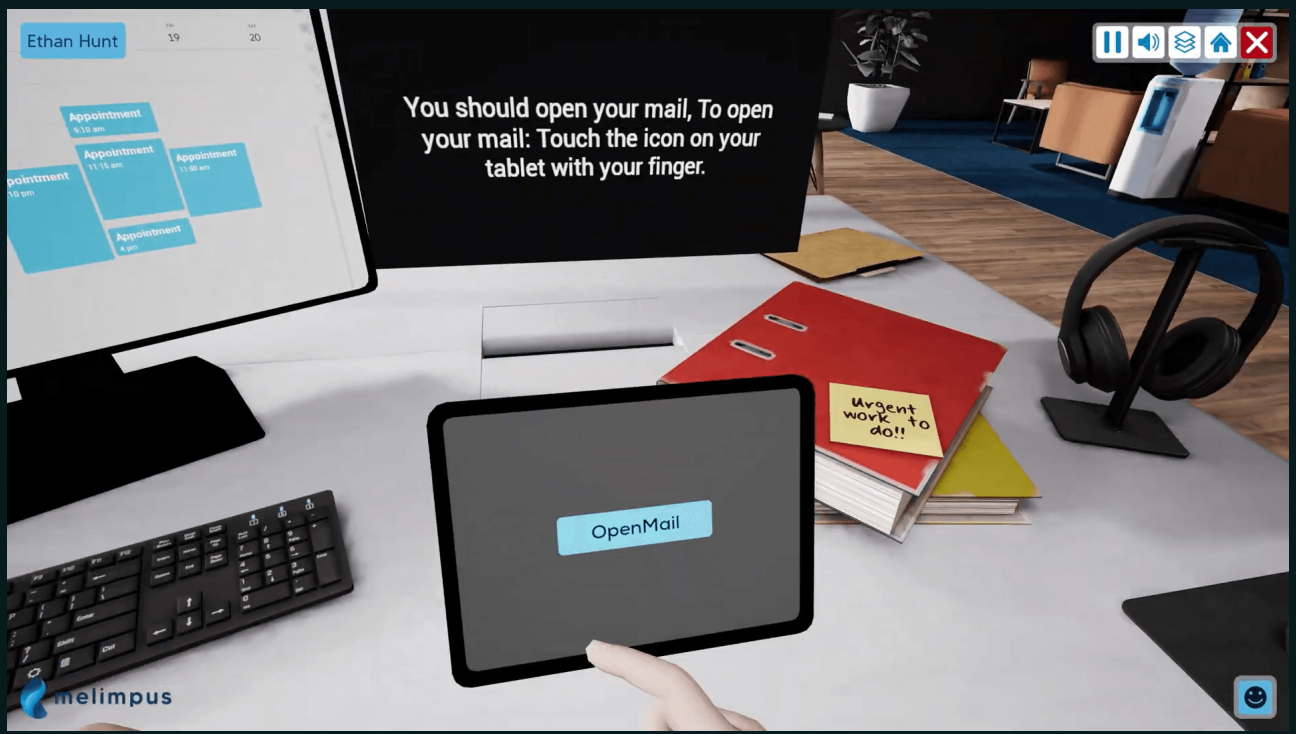
ONEBONSAI

CASE STUDY

Back to Work Therapy Application

Immersive VR training that builds resilience and confidence, helping employees return to work stronger and healthier.

Platform: VR



Project overview

Immersive VR training that builds resilience and confidence, helping employees return to work stronger and healthier.

About the project

Melimpus partnered with OneBonsai to create an immersive VR training program that helps employees build resilience and manage stressful workplace interactions as they return to work after long-term illness. By combining psychological expertise with AI-driven avatars in realistic office scenarios, the solution allows participants to safely practice de-escalation and communication skills. This innovative approach boosts confidence, supports smoother reintegration, and provides organizations with a scalable, engaging tool to promote mental well-being at work.

Challenge

Supporting Return-to-Work and Mental Resilience

Employees returning to work after long-term illness often face significant emotional and psychological challenges, including anxiety about workplace interactions, fear of confrontation, and diminished confidence. Traditional training methods like classroom roleplay and group exercises lack the realism and emotional intensity needed to prepare individuals for the stress of actual workplace encounters.

Organizations needed a more effective, engaging, and scalable way to help returning employees build resilience, practice communication skills, and regain confidence before re-entering the workplace.

> *"Roleplay and classroom exercises just weren't enough to prepare employees for the stress of real confrontations."*

Solution

VR-Based De-escalation & Stress Management Training

OneBonsai, in partnership with Melimpus, developed an immersive VR training application that places participants in realistic office scenarios with AI-driven avatars. These avatars simulate challenging workplace interactions, including confrontational colleagues, difficult conversations, and stressful situations.

Participants practice de-escalation techniques, assertive communication, and stress management in a safe virtual environment. The AI adapts dynamically to the trainee's responses, creating realistic and varied training experiences that build genuine confidence and resilience.

Approach

Combining Psychology and Immersive Technology

The training program was developed in close collaboration with psychologists and workplace reintegration specialists to ensure clinical accuracy and therapeutic value. Each scenario was carefully designed to target specific emotional and interpersonal skills needed for successful return-to-work transitions.

The AI-powered avatars were programmed with realistic emotional states and behavioral patterns, enabling nuanced interactions that challenge participants at appropriate levels. The platform's scalability allows organizations to deploy the training across multiple locations, providing consistent support to all returning employees.

> *"The VR training gave me the confidence to face difficult conversations at work without feeling overwhelmed."*

Outcome

Greater Resilience and Improved Workplace Reintegration

The VR-based therapy application has shown significant positive outcomes for returning employees. Participants reported increased confidence, reduced anxiety, and better preparedness for handling difficult workplace interactions after completing the training program.

Organizations using the platform have seen smoother reintegration processes, fewer relapse cases, and improved overall mental well-being among returning staff. The solution provides a scalable, evidence-based approach to supporting employee mental health and workplace resilience.

> *"This program is a game-changer for supporting staff returning after illness, combining mental resilience with practical skills."*

Discuss a similar project

Book a 30-minute technical conversation at hq.onebonsai.agency/meet/evarest