



# **EXPLORE YOUR DEPTHS**

Interactive, immersive workshop experiences



## What we offer

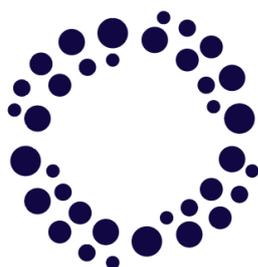
Explore Your Depths offers a series of interactive, immersive workshop experiences woven around a remarkable true story which unfolded in one of the most extreme working environments on the planet.

Each workshop has been carefully curated to immerse the audience into the true story of a life-or-death ordeal which unfolded 300 feet below the surface of the ocean in September of 2012.

The workshops are co-presented by Dr. Christine Currie Ph.D., a consultant in the fields of workforce collaboration, and Chris Lemons, whose story of resilience and survival has been made into both a hit Netflix documentary and a Hollywood movie starring Woody Harrelson. The standard half day format of the workshops fuses the incredible drama of Chris' first-hand account of survival - supported by astonishing original footage, excerpts from the two movies, and interviews with those involved – with engaging and imaginative participant breakouts. These will be complimented by the theory which supports the themes delivered, using Dr Currie's academic background as well as drawing upon her industry experience and insights.

Delegates will be immersed in the story before being invited to become part of it, participating in interactive breakaway sessions at various key points during the narrative. These sessions are curated in line with your organisation's learning outcomes to encourage delegates to consider how key themes contributed to both the cause and resolution of this life-threatening workplace crisis - please see the workshop descriptions later in this document for further details. Participants will be challenged through engaging tasks and discussions to consider how they would react in a similar situation, to suggest improvements or alternatives, and ultimately to reflect on how the successes and lessons learnt in this extraordinary event can be applied to their own sphere of work.

We offer five standardised workshops focusing on the different key elements within the story in order to align with your training and development goals, but are happy to curate a bespoke session combining the elements of your choice. Please get in touch with us to discuss further or arrange a briefing call.



# Who we are

## Chris Lemons

Chris has been a commercial diver and dive supervisor for over 20 years, and specialises in deep sea saturation diving, operating almost exclusively in the oil and gas industry.

This highly specialised form of diving involves living in the claustrophobic confines of a decompression chamber for up to 28 days at a time, commuting daily to the sea-bed in a diving bell, and working at depths of up to 900 feet for 6 hours at a time.

In September of 2012, a freak failure of the dynamic positioning system of the vessel he was working under, resulted in the umbilical, which provided him with breathing gas, light and heat, being severed completely. He was left on the seabed, in complete darkness 300 feet below the surface, with only the 5 minutes of breathing gas he carried in the emergency tanks on his back, and no way to protect himself from the freezing temperatures.

It took his heroic rescuers over 40 minutes to come back and fetch him, and his miraculous survival story has baffled experts ever since.

His extraordinary story was subsequently immortalised in the hit Netflix/BBC documentary 'Last Breath,' a version of which was developed into a Hollywood movie starring Woody Harrelson, Simu Liu and Finn Cole and released in 2025.

Chris was born in Edinburgh, raised in Cambridge, and now lives in the South of France with his partner and two daughters.

## Dr. Christine Currie Ph.D.

Christine is a consultant with over a decade of experience in the field of workforce development and energy skills, latterly specialising in the area of energy transition and stakeholder collaboration. She has lobbied governments globally on behalf of industry by presenting evidence-based data to influence the shaping of policy in support of developing an appropriately skilled workforce that is in the right place at the right time. Christine has worked with skills bodies, government departments, academic institutions, and within industry itself.

During her academic career, Christine gained a doctorate on completion of her Ph.D. thesis. Her study focussed on the role of stakeholder engagement in cross-sectoral collaboration, the findings of which have been presented and published in professional and academic environments globally. She has lectured on subjects including organisational behaviour, leadership and conflict, and change management, to undergraduate and postgraduate degree students during her time in academia.





Workshop option 1

## PREPARE TO SUCCEED

**Sharpening the blade**

**Routine for a reason**

**Aligned for impact**

### Prepare to Succeed – workshop synopsis

*Prepare to Succeed* is a high-impact, immersive workshop built around an extraordinary survival story during which deep-sea saturation diver Chris Lemons was left stranded on the seabed of the North Sea for nearly 40 minutes with nothing to breathe. Through a gripping first hand narrative of the event – interwoven with breakout sessions and team exercises – participants experience a simulated crisis that reveals how preparation, routine and teamwork can mean the difference not only between catastrophe and triumph, but life and death.

In the first module, “**Sharpening the Blade: the power of preparation,**” the workshop uses the early stages of the incident to highlight how meticulous planning, skills rehearsal and mental readiness shaped the team’s response when things began to go seriously wrong. As chapters of the story unfold, participants break into groups to analyse decision-making factors and explore how preparation can help to identify potential obstacles, anticipate challenges, and ultimately influence performance under extreme pressure. The takeaway: preparedness isn’t theory - it’s the quiet, compounding foundation that can help to promote action that is more dynamic, resilient and adaptable during the task itself.

The second module, “**Routine for a Reason: procedures, checklists and drills,**” dives into the operational backbone that supported the rescue attempt. Participants examine how practiced routines and standardised procedures guided the crew in moments when panic could have overridden action. Breakout exercises challenge teams to consider checklists and workflows in unexpected scenarios, driving home how disciplined routine became instinct when it counted most. Sessions also explore how drills and routine can facilitate autonomous responses in a crisis situation, allowing personnel the time and space to tackle unprecedented challenges and decisions when time is critical. The learning outcome is clear: systems are only as strong as a teams’ commitment to rehearsing them and adhering to process.

The third module, “**Aligned for Impact: teamwork and a shared objective,**” focuses on the team coordination required to bring Chris back alive. Through facilitated discussion and collaborative problem-solving sessions, participants uncover how communication, trust, and role clarity shaped the rescue effort. These sessions go on to explore the extraordinary power of a shared objective, and how this, alongside an alignment of values within an organisation and its third party contractors, can drive a successful culture.

By the end of *Prepare to Succeed*, participants will have a clear understanding of how preparation, routine and alignment not only transform response capability, but also provide teams with self-confidence and the ability to overcome anxiety. More than just a workshop, this is an experiential journey that will leave teams energised, connected and equipped with actionable practices they can implement immediately. The seminar doesn’t just tell a story - it puts your team inside it, showing how ordinary professionals become extraordinary performers when they have cultivated the habit of preparation.



Workshop option 2

## LEADING UNDER PRESSURE

Diving deep

Cultural currents

Navigating the storm

### Leadership under Pressure – workshop synopsis

*Leadership under Pressure* is an immersive, story-driven workshop designed to reveal what measured leadership looks like under the enormous stress of a time critical incident. Built around the remarkable real-life incident of saturation diver Chris Lemons who was stranded on the seabed of the North Sea for nearly 40 minutes without breathing gas - the session transforms a gripping narrative into a powerful leadership learning experience. The story is told in dramatic chapters, each followed by breakout sessions where participants dissect decisions, behaviours and responses in a simulated high-pressure environment.

The first module, “**Diving Deep: leadership under stress,**” uses the early moments of the crisis to explore how leaders maintain clarity, composure and influence when stress ramps up. As each part of the incident unfolds, participants break into groups to examine the ability of leaders to keep moving forward, communication under strain, and the subtle cues that steady or destabilise a team. The core takeaway: leaders must be able to dive beneath the chaos, accessing calm, purpose-driven action, even when events become overwhelming.

The second module, “**Cultural Currents: leadership in a diverse landscape,**” highlights the international, multidisciplinary team who worked to bring Chris back to safety. Participants explore how cultural perspectives, communication styles, and problem-solving approaches, converged during the rescue effort. Breakout exercises invite teams to confront bias, harness diversity, and use difference as an advantage when navigating complex challenges. Here, the learning is transformative: diversity isn’t a hurdle in a crisis - it’s a strength to be embraced.

The third module, “**Navigating the Storm: decision making under pressure,**” examines the pivotal, time-critical choices made as the situation worsened. Participants work through scenario-based decision drills, reflecting on decision inertia, intuition, and the trade-off between risk and consequence. By seeing how small decisions cascaded into life-saving outcomes, attendees learn to build decisiveness, prioritise with confidence, and foster clarity and agile thinking amid uncertainty.

By the end of *Leadership under Pressure*, participants will have a clear understanding of how exceptional leadership emerges in extraordinary moments. Through an engaging blend of storytelling and interactive breakout work, teams develop practical tools they can use immediately - tools for thinking clearly, leading inclusively, and making sound decisions when the pressure is on.



Workshop option 3

## A RISKY BUSINESS

**The line in the sand**  
**The safety mindset**  
**Under the surface**

### A Risky Business – workshop synopsis

*A Risky Business* is a dynamic, immersive workshop that plunges participants into the heart of the 2012 crisis in which deep-sea saturation diver Chris Lemons became stranded on the seabed of the North Sea with no breathing gas for nearly 40 minutes. Told in gripping, story-driven chapters - interwoven with high-energy breakout sessions - this workshop transforms a real life near-fatality into an unforgettable learning experience about safety, risk and organisational responsibility.

The first module, **“The Line in the Sand: when should we push safety boundaries,”** leverages the early stages of the incident to explore how teams and leaders evaluate risk when pressure, productivity demands, and operational complexity collide. After each story segment, participants break into groups to analyse decisions made before and during the event, using facilitated exercises to examine how subtle compromises can accumulate. The core insight: knowing where the line is - and having the courage to hold it - is foundational to a resilient safety culture.

The second module, **“The Safety Mindset: evolving a safety culture against the tide,”** focuses on the human and organisational behaviours that influenced how the situation unfolded. Participants explore how attitudes, habits, communication norms and psychological safety shape day-to-day decision making long before an incident occurs. Breakout discussions challenge attendees to identify cultural drift, call out normalisation of deviance, and design interventions that shift teams toward proactive, value-driven safety thinking. Conversations will emphasise the importance of fostering a collective responsibility for safety, and how drills, checklists and procedures must continue to evolve rather than stagnate as tick box exercises. The learning outcome is powerful: safety is not a set of rules - it’s an invested mindset, continuously reinforced.

The third module, **“Under the Surface: safety through design,”** examines the equipment, engineering and system redundancies that played roles in both the causal factors of failure and ultimately, Chris’s survival. Through scenario-based team exercises, participants consider how design choices, maintenance practices, and system integration directly support human performance in high-risk environments. Here, they uncover a crucial lesson: safety is built layer by layer, long before an operator enters the field.

By the end of *A Risky Business*, participants emerge with a sharper awareness of how risk manifests, and in turn, is managed and mitigated at every level of an organisation. The combination of compelling storytelling and hands-on breakout sessions ensures the lessons are not just heard, but felt. This workshop equips teams with immediately applicable tools to strengthen safety culture, elevate risk awareness and make smarter, more principled decisions in the face of operational pressure.



Workshop option 4

## THE KEY TO THE CRISIS

**The human factor**

**When the alarms sound**

**Don't waste a crisis**

### The Key to the Crisis- workshop synopsis

*The Key to the Crisis* shapes the 2012 incident, during which saturation diver Chris Lemons was stranded on the seabed with no breathing gas for nearly 40 minutes, into a compelling learning experience. Delivered through a dramatic, chapter-by-chapter re-telling of the incident and interwoven with interactive breakout sessions, this workshop places participants directly inside a simulated crisis, revealing what truly drives human performance when the stakes are life and death.

The first module, "**The Human Factor: diverse reactions to high-stakes moments**," uses the opening stages of the incident to spotlight how individuals respond differently when confronted with shock, uncertainty and fear. After each segment of the story, participants break into groups to explore cognitive overload, emotional responses, and behavioural variation during extreme events. They learn to recognise these patterns in themselves and in others, and discover practical strategies for stabilising teams when stress threatens to fracture performance.

The second module, "**When the Alarms Sound: managing critical incidents**," focuses on the operational, communication and leadership behaviours that shaped the rescue effort. Participants work through scenario-based activities that mirror the urgency and complexity faced onboard during the incident. Through these breakouts, they gain insight into rapid prioritisation, structured communication, and role clarity – key elements of effective incident management. The lesson is immediate and actionable: chaos can be controlled when teams have the tools to coordinate under pressure.

The third module, "**Don't Waste a Crisis: investigating to drive improvement**," guides participants through a reflective exploration of what the industry learned from the event. Using facilitated exercises, teams examine root-cause analysis, systemic improvement and how organisations convert near misses into lasting reforms. Attendees will leave with a deeper understanding of how to approach investigations, not as fault-finding exercises but as powerful levers for innovation, accountability and long-term resilience.

By the end of *The Key to the Crisis*, participants will have been immersed in a simulated emergency that sharpens judgement, deepens awareness and strengthens organisational capability. Through the fusion of gripping storytelling and interactive problem-solving, attendees will be equipped with practical tools for managing human reactions, stabilising critical incidents, and transforming crises into catalysts for improvement.



Workshop option 5

## A ROAD TO RESILIENCE

**Bending without breaking**

**After the storm**

**From stress to strength**

### A Road to Resilience – workshop synopsis

*A Road to Resilience* is an immersive and interactive workshop that uses the 2012 incident, in which saturation diver Chris Lemons was left stranded on the seabed of the North sea with nothing to breathe for nearly 40 minutes, to explore what true resilience looks like under extreme pressure. Delivered through a gripping, chapter-by-chapter retelling of the event, the workshop weaves together powerful storytelling with interactive breakout sessions that bring the principles of resilience to life.

The first module, “**Bending without Breaking: how resilience can be learnt,**” uses the early moments of the incident to highlight how preparation, mindset, and emotional regulation shape performance in the face of adversity. After each segment of the story, participants enter breakout discussions designed to uncover the learned skills and behavioural habits that support resilience. The key insight: resilience isn’t an innate trait - it’s a trainable capability that grows through deliberate practice.

The second module, “**After the Storm: finding your way forward,**” focuses on the recovery phase of resilience - how individuals and teams rebuild clarity, regain momentum, and process the aftermath of an incident or crisis. Participants work through reflective exercises and scenario challenges that mirror the transition from crisis to recovery. They explore how to carry themselves and their teams from disorientation back to stability, developing practical strategies for navigating uncertainty, change and emotional fatigue.

The third module, “**From Stress to Strength: cultivating a resilience mindset,**” connects the story’s ultimate outcome of survival, to the resilient thinking patterns that support long-term growth. Through collaborative exercises and facilitated discussion, participants learn to reframe adversity, identify sources of strength, and create sustainable habits that build adaptability. The takeaway: resilience becomes a powerful tool when individuals learn to convert stress into strategic advantage.

By the end of ‘*A Road to Resilience*’, participants will have a visceral understanding of what resilience feels like, how it’s built and how it translates into everyday performance. Through the fusion of a gripping real-life incident and highly interactive group engagement, the workshop equips individuals and teams with immediately applicable techniques for staying grounded in uncertainty, recovering quickly from setbacks, and growing stronger through challenge.

# Contact details

If you have any further questions, would like to make a booking, or would like to arrange a call to discuss curating one of our workshops specifically to your needs, then please get in touch using one of the methods below:

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