

01

TEAM BONDING & TEAM
BUILDING HYBRID EVENTS
EDUCATION & TRAINING

Sea Breeze



HIGH PERFORMANCE UNDER PRESSURE IN A VUCA BUSINESS WORLD



02

THE CHALLENGE

Pressure is a recognized as the main contributor in many incidents and errors. People behave differently under pressure and at such times, sensitivity to other human elements is heightened. Especially those to affect perception and cognitive functions.

Human Reliability & Functionality

Risk assessment and management can allow facility operators to evaluate and measure what is actually occurring in their facilities, including the review of processes, procedures, and events to assess human reliability and functionality.

Performance Shaping Factors

Variable that may affect human performance in a human reliability analysis. PSFs that are generally adopted in HRA methods include experience, complexity, stress, adequacy of procedure, human-system interface, and workload.

Crisis Management & Communication

A crisis can occur as a result of an unpredictable event or an unforeseeable consequence of some event due to uncertainty, unpredictability, complexity, volatility that had been considered as a potential risk.

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SOLUTION

An innovative combination of interdependent interpersonal and managerial skills training with configured snorkeling/free diving, scuba diving and first aid simulations.

Human Factors

Reduce human error, increase productivity and improve security and comfort with a strong emphasis on human-to-human and human-to-machine interaction.

Gamification

Behavior design techniques, design and operation in information systems and applications, optimizing interactions and increasing ROI

Simulations

Imitation of the operation of a real process and a system over time. Our models represent the basic characteristics or behaviors of the selected system and process, while the simulation represents the evolution of the model over time.

04

Action

THE UTOPIA

Teams do not arise "by chance" and certainly their formation and consolidation is not done only with team building exercises. To thrive, they need guidance, knowledge, experiential learning and an environment of psychological safety that allows them to create a common mental model.

For the simulations we use modern and sophisticated training with HITL simulation methods, framed with theoretical training from the forefront of scientific research in high risk industries like aviation, health, shipping, oil, special forms of diving, etc.

In this way, your teams are trained in virtual and physical, highly stressful and psychological safe environments under the guidance of trainers, whose experience comes from professions where mistakes literally cost lives

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VUCASIM Dive

Improving Individual and Team, Performance and Safety

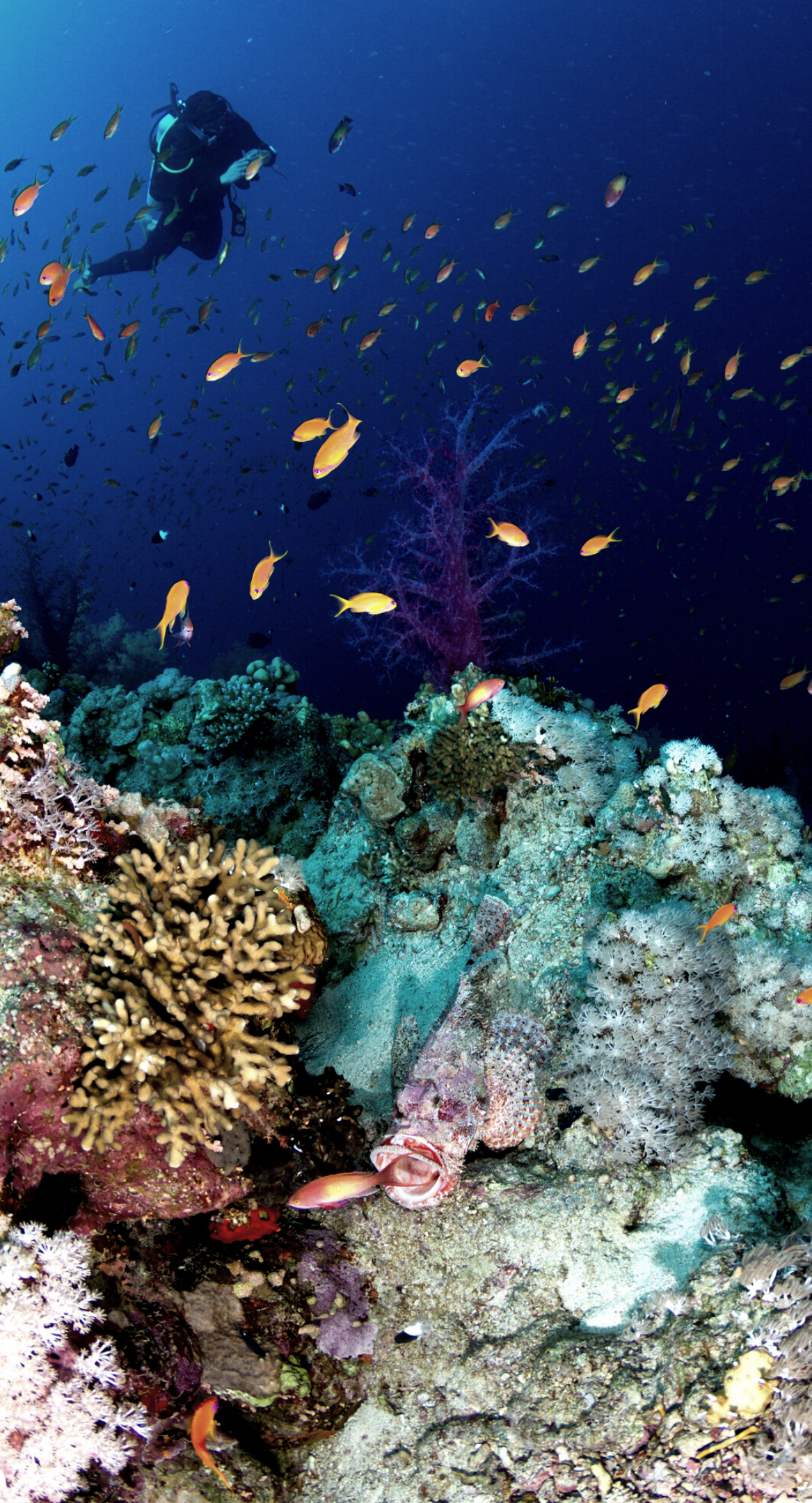
This three-days training equips you and your teams with the skills and knowledge that are crucial to the development and creation of high reliability, functionality and performance teams.

Using unique Free diving, Scuba diving and First aid simulation sessions combined with inspirational theoretical training and case studies, your team will begin to shine on the journey to excellence.



Training & Assessment

- Leadership & Followership
- Teamwork
- Communications
- Situational awareness
- Decision making
- Stress & Fatigue



HOW IT WORKS

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Hotel Based

April to September

Liveaboards

October to March

Ask us for intercompany trainings and seminars



CANDIA CASTLE RESORT & THALASSO NAFPLIO

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Option 1

Check-in: Friday | Training days: Saturday & Sunday
2 Days - 26 Hours - 13 Hours/Day - 4 Scenarios/Missions

Option 2

Check-in: Friday | Training days: Saturday & Sunday
2 Days - 26 Hours - 13 Hours/Day - 4 Missions

3 days of:

- Boat fan diving
- Sightseeing
- Regenerating Seas and Soil World Caffe (*New Business models with renewable raw resources & ESG accelerator for Net Zero bio businesses*)

LIVE ABOARDS

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21 Tropical Destinations

Red Sea, Philippines, Maldives, Galapagos, Costa Rica, Belize, Bahamas, Turks & Caicos and more

Minimum 6 - Maximum 15

Suites, Master & Deluxe staterooms, Dining & special dietary requirements, 220-volt power throughout, air-conditioned with a private head and shower, porthole view window, mirrored cabinet, hair dryer, fresh towels, and individual volume controls, 32-inch flat-screen TV offering a selection of 400 movies, TV shows, and documentaries. Guests can plug their computers into the TV screen to edit underwater pictures and video



Who is it for

EXECUTIVES

Professionals who are expected by virtue of their position or their knowledge to make decisions in the normal course of their work that have impact on the performance and results of the whole.

MANAGERS

Professionals who are responsible for the process of designing and maintaining an environment in which individuals, working together in groups, efficiently accomplish selected aims.

PROJECT TEAMS

Interdependent collection of individuals who work together towards a common goal and who share responsibility for specific outcomes of their organizations.

AGE

Minimum age of 25 years old

GENDER

Both Women & Men

PREVIOUS EXPERIENCE

No previous experience in scuba diving is required. Ability to float and swim confidently in open sea

MAXIMUM DEPTHS

Snorkeling - Free Diving Scenarios Maximum Depth: 2m

Scuba Diving Scenarios Depth: Minimum 6m | Maximum 12m

First Aid Scenarios: Land - Onboard

Minimum Requirements

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ASSESSMENT & RECRUITMENT

We implement an innovative and reliable assessment process for senior executives (assessment or development centers), focusing on their reactions to stress, creativity, co-responsibility and critical thinking.

DEVELOPMENT

The development of executives comes through an environment that identifies their strengths, highlights them and optimizes them.

WELL BEING

Stress and stress conditions threaten the Mental Health and Well-being of employees. Through our training, the participants realize that they really react to these conditions, while learning more effective ways of management.

HEALTH & SAFETY

Managing human error contributes to better decision making with the aim of reducing accidents and enhancing both physical and mental security.

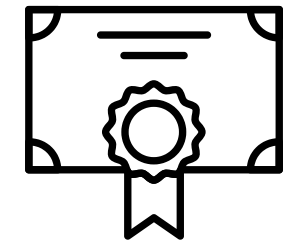
Benefits to..

WHAT YOU WILL GET

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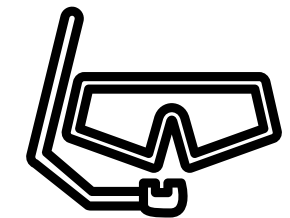
TRAINING MATERIALS & TOOLS

You will have access to additional material such as presentations and briefing notes



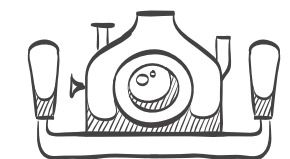
CERTIFICATION

Upon completion of the training you will receive your certification. You can use it to enrich your CV and your LinkedIn profile.



MENTORING SESSIONS

Each of the participants will have access to 4 mentoring sessions that will help them put the knowledge into their every-day business/working life



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Trainer & Coordinator

Spyros created this program, when the serious effects of the gaps between theory and practice became even clearer, with the beginning of the COVID-19 pandemic. He recognized the gap in knowledge about Human Factors, the interdependent Non-Technical Skills and the Just Culture mentality in corporate environments.

Prior to that, he spent 13 years in Hellenic Air Force as a member of Combat Search & Rescue Operations. At the same time he was a rebreather, wreck penetration & cave diving trainer. He left HAF in 2013 utilizing his studies in Marketing & Communication Management to establish his Business Agencies which he maintains until today.

He has trained more than 500 people in scuba diving, more than 350 in marketing and sales, and several more in Human Factors, both in his diving, military and business career.

He was a mentor at the global EU VERSUS VIRUS Hackathon in 2020 and continues to support people and teams as a mentor in respective European and Nationwide competitions in innovation, digital transformation and entrepreneurship.



Spyros Kollas

Senior Business Advisor
Crisis & Communication Management
Public Sector & Corporate Governance

Team organizational clarity,
alignment, and standardization in
order to improve operationally and
philosophically performance



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