

Simon Hall

Simon is a professional communicator and trainer with extensive experience across the performing arts, hospitality and commercial liquor industry. He focuses on the universal life skills that allow anyone to flourish: staying calm; connecting with people; enjoying speaking and listening; recognising that we are in control of how we want to interact in any particular circumstance.

The premise:

If you are relaxed and confident, if you can be understood clearly and can inform your audience in a succinct manner that provokes thought and invites questions, if you can maintain composure whilst negotiating, resolving and influencing, then the world is your oyster. You are an influential communicator.

The obstacles:

When we get nervous or thrown by a question (or a stare/ or turn of phrase/ or unexpected occurrence), our adrenalin kicks in and our ability to think and speak becomes secondary as our body prepares for basic survival mode: to fight or fly. If in addition we are not a natural communicator or English is our second language then this situation can seem unconquerable.

The resolution:

When some preparatory work to ready our body and voice for the upcoming event has been undertaken, and we have developed a set of skills that “kick in” when these hindrances arise, we are more able to recover and control how we present ourselves. When we breathe deeply into our body and expand our diaphragm, our brain is sent signals telling it that there is no danger (rest and digest). Oxygen is pumped to our brain and we start thinking again and can communicate those thoughts more articulately. Simon combines preparatory work with a vocabulary of “soft” interpersonal skills and techniques training you to converse strategically and with impact.



Background & Training

Simon trained at the Western Australian Academy of Performing Arts (WAAPA) as an actor and worked in the industry for 15 years: performing; directing; producing theatrical works in Australia and overseas, whilst concurrently carving out an eclectic career in the hospitality industry. Always as part of my work was a training component: training actors to dance and move; skilling up waiters and bartenders with the aesthetics of service and product knowledge; conducting masterclasses in the art of distillation or wine and food pairing.

He owned a fine dining Thai restaurant called Easy Tiger for eight years, building it from the ground up, to it becoming a hatted restaurant that was known for its warm, attentive and very professional front of house.