



Halle Simpson

Halle Simpson has worked with leaders, entrepreneurs and all around busy people for 20 years helping them find ways to operate more effectively and efficiently. She provides keynote addresses and training workshops in the following areas.

KEYNOTES

Networking With Confidence

People and relationships are an integral part of professional success. However, you know when you receive an event invitation and you *should* go, but AGH, you're just going to feel awkward!? Halle will give you tools to show up as your most confident self and equip you with strategies to successfully navigate and capitalize on those conversations.

Participants will walk away learning:

- What to think about before the event begins
- How to read body language to know who is approachable
- Tips for entering, participating in and exiting conversations with grace
- Strategies to grow these new connections beyond the event

Saying "No" and Asking for Help—Honoring Your Inner Voice

How often do you say "yes" to a request while thinking, "but I don't really want to do it"? Or maybe you take things on entirely by yourself because you feel bad asking for help? You're not alone. We're hardwired to want to please others and also not be seen as a burden. However, when we don't honor our inner voice, it erodes away the integrity we have with ourselves.

Participants will walk away learning:

- How to honor your inner voice in these moments
- Strategies to say "No" that fit your personality
- Reframe your beliefs about asking for help

The Glorious Adventure of a Medium Sized Dream (2 hours)

It's said that our lives are shaped by 7 (or so) major decisions, such as moving, getting married and having kids. But what about the other decisions, the medium decisions? Like whether to take that solo trip, get the tattoo or do whatever it is that other people in your life may not understand. Together we will shine the spotlight on the underrepresented medium-sized dreams that are ready to emerge in 2023!

Participants will walk away with:

- A medium sized dream (or two) that it's time to bring to life
- Identifying the obstacles that are holding them back
- Courage to take the first step

Halle Simpson
Coach Speaker Trainer
halle@hallesimpson.com
www.hallesimpson.com



WORKSHOPS for any level

(1.5-2.5 hours)

Organize the Chaos in Your Brain

Do you get overwhelmed thinking about your “to-do” list, needing a superhuman act to actually get it all done? Energy spent in one area is energy taken from another area. Get equipped with tools to simplify and organize the swirling thoughts in your brain and reclaim the mental energy they consume. Halle will show you how to work more effectively and identify where saying “No” is the kindest response for all involved!

- A tool to pause and prioritize what’s important
- How to mentally shift from busy to intentional in your daily schedule
- Clarity around where boundaries can be established and enforced

Living and Working with Passion and Purpose

Are you actively engaged in your life and business or just going through the motions? How motivated are you on a daily basis? Rather than looking for external cues to force performance and motivation, Halle helps participants look inward to uncover what truly inspires them!

Vision Casting

Are you being intentionally thoughtful about the direction your life or business is headed? The brilliance of your own mind will come alive in this workshop! Learn the effects our thoughts have upon our brain, the neuroscience involved and how to use this to your advantage. You’ll gain tools to create a clear vision for each area of life and prepare for strategic goal setting.

The CVI – Your Innate Unchanging Nature, The Introduction

The Core Values Index (CVI) is a powerful tool measuring the innate, unchanging nature of an individual with a 97.7% duplication rate. In this workshop, Halle debriefs the assessment for attendees to gain a greater awareness of their own personal wiring. The CVI highlights an individual’s learning style, conflict strategies, risk tolerance, creativity vs. practicality, decision making and affinity towards individuality or community. With this increased self-awareness, attendees are more authentically equipped to impact their organization and navigate relationships in work and life.

Pivoting in the Face of Adversity

Life and business can change FAST, whether you’re ready or not! Learning to successfully pivot and embrace a new path all boils down to mindset. This workshop utilizes simple tools to overcome obstacles so participants can make forward progress, all while minimizing the stress involved.



WORKSHOPS for leaders

(1.5-2.5 hours)

Leadership—A Personal Inventory

The skills that earn someone a promotion into leadership are not often the skills required to execute the new role effectively. In this workshop common leadership myths will be debunked, a self-assessment will be given and a discussion about true leadership will pave the way for future workshops in this series.

Leadership—The Privilege of Influence

True leadership is influence and with that comes a higher level of responsibility to others. This workshop is delivered in a David Letterman Top 10 style addressing topics such as: problem solving, aligning with company culture, developing trust, exhibiting courage, inspiring others, taking initiative, failure as part of success and staying positive.

Leadership—What is Your Leadership Style

Attendees will take a Strengths Assessment prior to this workshop. The goal, tying together the cumulative learning and help each participant develop their own personal leadership style. A personal growth course will be charted and resources will be shared for further individual leadership growth.

Coaching Those You Lead

In the workplace, coaching is a powerful and valuable skill for any leader to possess, but how is it done effectively? In this workshop participants will learn what coaching is and what it is not, some key principles to keep in mind when having a coaching conversation and a simple outline for conducting an effective coaching conversation. This is a great topic for anyone in leadership or preparing for a leadership role.

Leading Through Change

A leader's job is challenging enough, but throw in a major change and watch out, all heck can break loose! This workshop teaches how to tear down the walls of frustration, gather helpful information rather than guessing and enroll others in the cause to be the hero of a difficult transition.

Improving Employee Engagement

What would it mean to have a more driven and engaged staff? In this workshop, leaders are taught the different levels of motivation and shown tools to improve individual employee engagement in a more strategic way. When people feel understood and important, it not only enhances organizational culture but also impacts progress towards the overall mission.

