

## Dr Tim Sharp ‘Dr Happy’

### *Expert in Human Behaviour & Thinking*

Dr. Sharp has three degrees in psychology (including a Ph.D.) and an impressive record as an academic, clinician and coach. He established and ran one of Sydney’s most respected clinical psychology practices, a highly regarded Executive Coaching practice, and is the founder & CHO (Chief Happiness Officer) of The Happiness Institute, Australia’s first organisation devoted solely to enhancing happiness in individuals, families and organisations.

He’s taught at all the major universities in NSW and has been an Adjunct Professor (in Positive Psychology) within the School of Management, Faculty of Business at UTS as well as an Adjunct Professor in the School of Health Sciences, RMIT. His primary area of interest is enhancing happiness at work including building positive cultures, developing positive leadership and boosting resilience, optimism and positive working relationships.

Dr. Sharp has worked with numerous organisations (and their leaders) including Twitter, Dyson, Ernst & Young, Mallesons, Allens Arthur Robinson, IBM, AMP, Westpac, NAB, Coles, Coca Cola Amatil, Telstra and KPMG (to name just a few).

He writes a regular column for HIF’s Healthy Lifestyle Blog and has previously been a regular contributor to the Sydney Morning Herald; he’s also collaborated with brands and helped shape campaigns for companies such as AMP, BankWest, AMEX, Tip Top, Officeworks, Fitness First and Jenny Craig.

Taken together, Dr. Sharp has achieved unparalleled success in the academic, professional and business worlds. Accordingly, in 2008 Dr. Sharp’s accomplishments were recognised by the Australian Davos Connection when he received a Future Leadership Award and also by the Australia Day Council who invited him to be an Australia Day Ambassador in 2011 (an honour which he continues to enjoy through to this day).

Dr. Sharp is also a best-selling author (of, among other things, “The Happiness Handbook”, “100 Ways to Happiness: a guide for busy people” and “100 Ways to Happy Children: a guide for busy parents”) and a sought after public speaker. He’s appeared in several nationally screened prime-time TV shows & he continues to make frequent appearances in the local and international media



(including Sunrise, Today, The Morning Show, The Daily Edition, Prevention Magazine, the Herald Sun, Women's Health, the SMH and the AFR).

Knowing full well that happiness is not just feeling good, but also doing good, Dr. Sharp also gives as much of his time as possible (as resident Chief Happiness Officer) the remarkable "for purpose" organisation, Batyr.

When all is said and done, Dr. Sharp is an expert in human behaviour, in what makes people tick; but his focus is mostly on the promotion of positive psychology principles and his passion lies in helping individuals, teams and organisations to really thrive and flourish.

### **Professor Timothy Sharp talks about:**

- Happiness at work...and beyond
- Building a positive organisational culture
- Creating collaborative teams
- Resilience - thriving through difficult times rather than just surviving
- Developing optimism
- Identifying and utilising key strengths
- Improving performance and productivity through positivity
- Happiness, health and wellbeing

### **Client testimonials**

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“ Dr. Sharp's [work with us] went extremely well with just the right mix of knowledge, humour & irreverence! I also want to mention that working with Tim has been a treat. Having worked with lots of people I particularly look for those (a) who take the time to listen, "get" us and are able to adjust content accordingly, (b) whose work has integrity and (c) who're easy to work with; Dr. Sharp satisfied all of those and I was impressed with the amount of time he was happy to spend with us to get there. I hope to be able to work with him again in the future.

- **Westpac**

“ Dr Happy was such an inspiration that we have invited him back to talk to [more of] our employees and we have recommended him to others in AMP.

- **AMP Services**

“ Prof. Sharp teaches powerful strategies that were incredibly relevant to me and the organization within which I work. Just as importantly, Tim's teaching style combines academic rigor with lots of fun, and he did a tremendous job of facilitating a diverse group with different and challenging agendas.

**- PricewaterhouseCoopers**

“ I have to admit I was sceptical when I first heard about Tim. However I was happily mistaken. Tim has carved out an important niche for himself in the business landscape. The work that he does is consistently interesting and valuable. He is not afraid to shift the “soft” subject of happiness right into the centre of business agendas. No wonder Kevin Rudd is interested in what he’s up to.

**- BRW Magazine, Fairfax Media**

“ Tim was an entertaining and informative presenter - he was loved by the teachers in our audience

**- University of Western Australia**

“ One of the comments I had from many of the attendees was that though Tim is a very academic person, his presentation was very practical and did not leave people behind, he is full of great knowledge and makes everything very easily understood. He had a different audience at the festival and the workshop but each lot of feedback was the same - "What an incredibly nice man and he is so down to earth and understandable"

**- Carers NT Australia**

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