

Dr Tim Sharp 'Dr Happy'

Expert in Human Behaviour & Thinking

Dr Tim Sharp is Australia's very own 'Dr Happy', at the forefront of the positive psychology movement and founder of The Happiness Institute.

A sought-after public speaker, best-selling author of multiple books and audiobooks and a regular on Australian and International TV, Dr Happy is widely regarded as a leader in mental health and the authority on all thing's happiness in Australia.

With three degrees in psychology (including a Ph.D.) and an impressive record as an academic, clinician and coach, Dr Happy is a passionate professional with a wealth of experience both in the field and the media.



Actively involved in research, education and practice, he is the founder and CHO (Chief Happiness Officer) of The Happiness Institute, and is available for all types of media opportunities, TV and radio presenting, brand partnerships, corporate speaking and training.

Professor Timothy Sharp talks about:

Habits For Happiness

It's safe to say there's not much Dr Tim Sharp doesn't know about human behaviour, especially happiness, and how to help others. However, for all of his adult life he has also endured ill mental health. In this presentation Tim shares his story, from a personal and professional perspective, and all he's learned about happiness, mental health, resilience, thriving and flourishing.

Faults, Failings & F#%Kups - A Perfect Recipe For Success And Happiness

Have you ever made a mistake? Have you ever failed at something? More to the point, who hasn't? We all have, including many famous and successful people, so why then do we resist this reality so determinedly? What if we could not just accept but really embrace our faults, failings and f#%kups to enjoy more happiness and success in life. Perhaps we'll never be really happy until we do.

Lost & Found

After several decades of researching, writing, and talking about happiness, and how to live a great



life, Dr Tim Sharp has finally admitted that he really might have been lost all these years.

But that's OK, because some of the best moments of his life have come from aimlessly wandering nature trails and allowing his mind to wander through all the deep, and sometimes dark and disturbing, nooks and crannies of his varied emotional experiences.

In this, Tim's most personal keynote yet, Tim presents both the scientific findings and his own lived experiences, illustrating how and why we can live a better life not necessarily by trying to "find ourselves" or by searching for clarity but rather, by accepting that it's OK to be lost and imperfect, and in fact sometimes the best times and the best lessons come from embracing the messiness of our internal and external worlds and using it all for growth.

Testimonials

"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

Or 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



- $^{\prime\prime}$ Tim was an entertaining and informative presenter he was loved by the teachers in our audience
- University of Western Australia

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