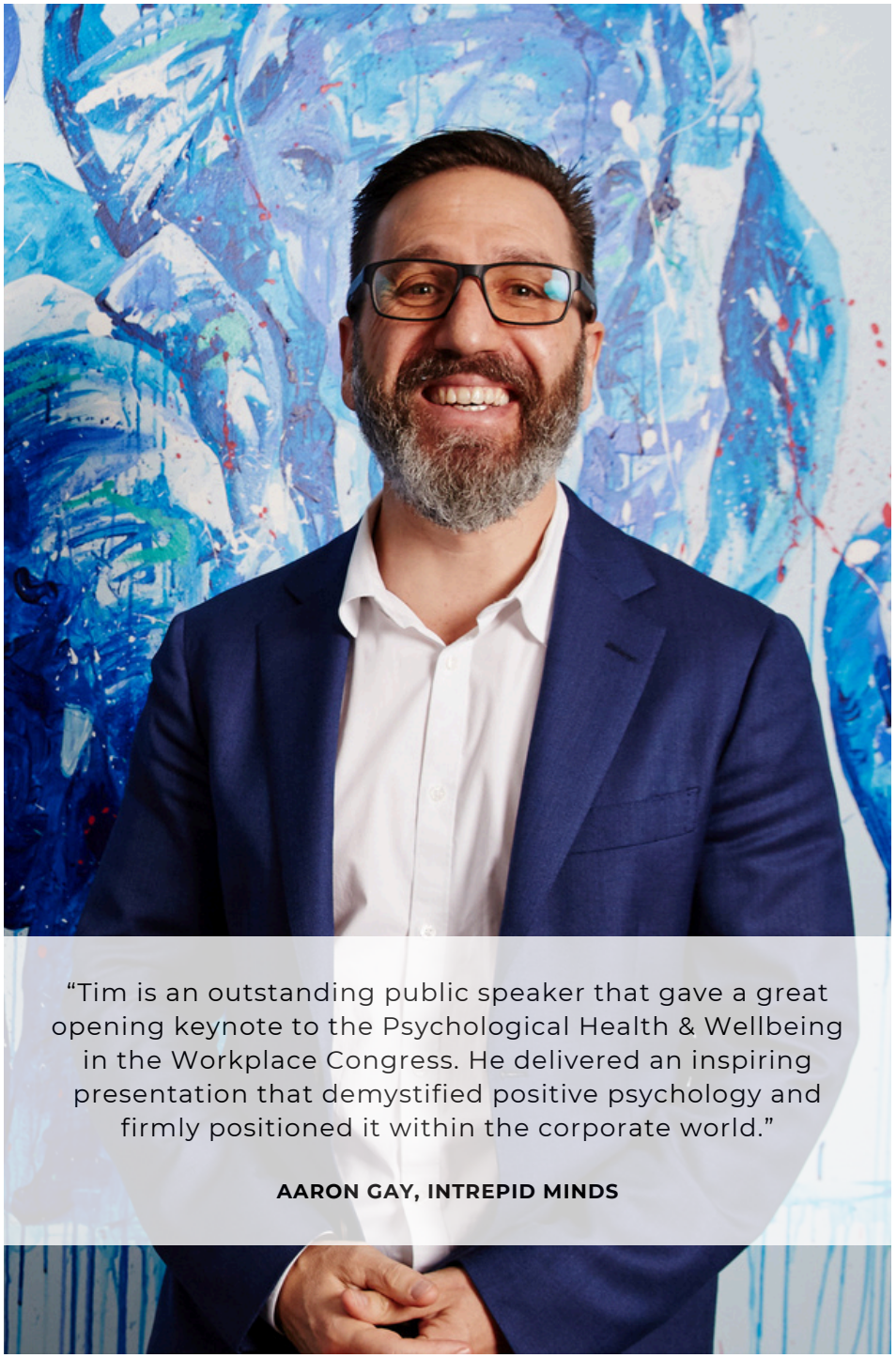

"Tim is an outstanding public speaker that gave a great opening keynote to the Psychological Health & Wellbeing in the Workplace Congress. He delivered an inspiring presentation that demystified positive psychology and firmly positioned it within the corporate world."

AARON GAY, INTREPID MINDS

DR TIM SHARP

MENTAL HEALTH EXPERT, KEYNOTE SPEAKER AND AUTHOR

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 and bestselling author, Tim has three degrees in psychology (including a Ph.D), is a regular on Australian and International TV and is widely regarded as a leader in mental health.

Covering concepts such as resilience, coping with change and applications of positive psychology, Tim delivers the fundamentals of how to live a happier existence, complete with practical tools and easy-to-apply methods.

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.

TIM IS AVAILABLE FOR:

- Keynotes & Presentations
- MC & Event Hosting
- Panel Moderation & Participation
- Consulting

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