



Professor Gail Whiteford, Head of Campus, Charles Sturt University
proudly presents:

**A session with Dr Timothy Sharp: Strategies for Personal Satisfaction and
Interpersonal Interactions.**



Happiness – Strategies for a Great Life!

Happiness is desired by all, yet achieved by only a few. But it doesn't have to be like this. Many more people could achieve happiness if only they knew how...and Dr. Sharp knows how!

By explaining how you can utilise the powerful principles of positive psychology Dr. Sharp will show you how you can get so much more out of life. So come along and learn how to:

- Design the life you want to live
- Think like happy people think (with optimism and hope)
- Love and be loved (and build positive relationships)
- Boost your happiness steroids (or build on your strengths)
- Have fun and enjoy the present moment

Achieving happiness requires nothing more than practising a few simple disciplines every day...so why not learn these disciplines now

Dr. Timothy Sharp (www.drhappy.com.au) is Australia's leading expert in the exciting new field of Positive Psychology. Having completed three degrees in psychology and spent many years practising as a clinical and academic psychologist, he has more recently focused on happiness and in 2003 founded The Happiness Institute (www.thehappinessinstitute.com).

Where: Nowik 2, Albury/Wodonga Charles Sturt University Campus, Olive Street

When: 9:30 – 11:30 am September 7th

Cost: \$120 (payments must be made before the workshop)

Format: Session including Morning Tea

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THE HAPPINESS INSTITÜTE

