



EXPERT BIO

DR TIM SHARP

PSYCHOLOGIST, AUTHOR & SPEAKER

DR TIM SHARP IS AUSTRALIA'S VERY OWN 'DR HAPPY', AT THE FOREFRONT OF THE POSITIVE PSYCHOLOGY MOVEMENT AND FOUNDER OF THE HAPPINESS INSTITUTE.

With three degrees in psychology (including a Ph.D.) and an impressive record as an academic, clinician and coach, Dr Happy has run one of Sydney's most respected clinical psychology practices, a highly regarded executive coaching practice, and is founder and CHO (Chief Happiness Officer) of The Happiness Institute, Australia's first and largest organisation devoted to enhancing happiness.

After more than 10 years of formal psychology study, and another decade lecturing in and researching human behaviour and emotion, he has taught at most of the major universities in Australia and is currently Adjunct Professor at both UTS and RMIT. Actively involved in research, his key areas of interest include enhancing happiness at work and promoting healthy living via positive psychology principles.

Tim is the best-selling author of a number of books including *The Good Sleep Guide*, *The Happiness Handbook*, *100 Ways to Happiness: a guide for busy people*, *100 Ways to Happy Children: a guide for busy parents* and *Live Happier, Live Longer – your guide to positive ageing*; and over the past 2 years has written and recorded a staggering 6 audiobook titles in his *Habits for Happiness* series for Audible

– the first book of which has been downloaded over 1million times, alone.

He is an engaging and sought-after public speaker, accomplished presenter and regular on Australian and International television screens, featuring on *Today*, *The Morning Show*, *Studio 10*, *The Project*, *SBS Insight* and a host of other programs. He also contributes to a variety of print and online media, including *Body & Soul*, *SMH*, *The Australian Financial Review*, *The Weekend Australian*, *Sunday Life* and *Mamamia*.

He has consulted multinational organisations and worked with clients from all corners of society and business – making his appeal and ability to resonate with any audience one of his greatest strengths.

After tireless efforts for more than 25 years to improve mental health and promote happiness and positivity, he is firmly in the eye and mind of the public as a leader in mental health and the authority on all things happiness.

Dr Happy is available for all types of media opportunities, TV and radio presenting, brand partnerships, corporate speaking and training.



For more, contact hello@thelifestylesuite.com

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