

THE HAPPINESS INSTITÜTE

What now?

Having just heard, and hopefully enjoyed Dr. Sharp speak you might be thinking something like, "Well that's great but how do I apply it in my life?"

Well Dr. Sharp and his team at The Happiness Institute offer a range of options all specifically designed to help you implement the key happiness strategies described. You can find out more about all the Institute's happiness products and services by visiting our website (<http://www.thehappinessinstitute.com>) but here's a brief overview:

Individuals

If you're looking to create a happier life for yourself then you can't go past Dr. Sharp's book "The Happiness Handbook" and the accompanying happiness workbooks. You can also hear Dr. Sharp in his "CHOOSE to be happy now" CD.

The Institute also offers one-on-one happiness coaching, the most effective way to achieve your happiness goals, and small group programs.

"(The Happiness Institute course was) really well organised and included excellent materials. It was run by the best facilitators... really helpful and supportive." - Wendy Smith, 2005

In addition, you can download free resources, and sign up for the Institute's free monthly eNewsletter which is packed full of happiness quotes, tips, articles and reviews, as well as updates on our upcoming events & news.

Teams and Organisations

The Happiness Institute also runs "Happiness @ Work" programs. These have been specifically designed to enhance happiness, morale, engagement and satisfaction in the workplace – variables that have been proven to lead to improved team work, enhanced productivity and ultimately, increased profitability.

"Sharp is at the forefront of a growing number of specialists running corporate programs aimed at improving employee's health, happiness & satisfaction." – Helen Hawkes (Sydney Morning Herald)

If you or any of your colleagues would like to find out more about our workplace programs please call or email and we'll happily organise for one of our experts to come to your organisation and discuss the most appropriate program for you and your needs.

Executive Coaching

Dr. Sharp also runs one of Sydney's leading Executive Coaching practices. Sharp & Co. specialises in helping senior managers and executives achieve their goals (whatever they may be). For more information please call 02 9231 6989 or email enquiries@sharpco.com.au.

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