



May 19, 2022

Noon – 1:00 pm
Virtual Session
Microsoft Teams

“We bring who we are
to what we do.”

~ TIM CUSACK

Do you ever wonder what makes us happy? What doesn't make us happy? Why some people are happier than others? Why does happiness matter in the workplace and at home? There is significant research on who is happy and why. In this presentation, Tim takes you through some of the findings that many have found to be surprising, unexpected, and compelling!

Discover FIVE core components to happiness; and, why happier people are better employees, more productive and have healthier relationships.

- Find the 5 core components of happiness
- What role money plays in our happiness
- Learn the powerful role of gratitude in our lives
- Participants will learn the #1 thing that makes us happy, and the #1 thing that takes it away

Tim Cusack has entertained and touched tens of thousands over the past 30 years. To imagine Tim's work, think of him as a combination of Garrison Keillor, Robin Williams and the Dalai Lama. Tim is the rare speaker who can open himself up with incredible candor that makes each event special. In college, Tim discovered the life-changing world of psychology and theater. As a member of the *Screen Actors Guild*, Tim has filmed numerous videos and TV commercials. He's also a member of the Midwest Critical Instant Stress Management Team.

Registration Options:

1. Register online at <https://bit.ly/OakFit-Happy>

If you are unable to attend after registering you will be sent a link to view the recorded session.

For questions, contact Dawn Hunt at huntd@oakgov.com • (248) 858-5473

