



# SUNSET CLUB

## “How to be Happy at Work”

This will be an informative and entertaining evening presented by SIBA, the University of Wollongong and the Australasian Occupational Science Centre (AOSC).

Professor Gail Whiteford from Charles Sturt University will give insights into a question that concerns us all: **“How to be Happy at Work”**

The presentation draws upon research, wisdom from the Dalai Lama, behavioural and motivational strategies and a bit of humour.

The Sunset Club is an opportunity to get to know other business people from the Shoalhaven in the pleasant surroundings of our university campus.

Finger food and Mopoke Ridge wines will be served.

- ◆ **Thursday March 9<sup>th</sup> 5.30 pm –7.30 pm**
- ◆ Ray Cleary Building, Shoalhaven Campus of University of Wollongong, George Evans Rd, West Nowra
- ◆ Cost \$10 to be paid at the door- please RSVP, so that we can organise the catering, by email [siba@shoal.net.au](mailto:siba@shoal.net.au) by Monday 6<sup>th</sup> March.



Speaker Professor Gail Whiteford from Charles Sturt University