



## INTRODUCTION

Our presenter today is recognized as one of the world's leading positive psychology experts. She is a pioneer with her groundbreaking work in the science of happiness and grit, and how they intersect with the science of accomplishing goals to drive happiness and success in one's professional and personal lives.

She graduated *magna cum laude* from Harvard University and was one of the first graduates of the University of Pennsylvania's Masters of Applied Positive Psychology.

She is also the author of five bestselling books, including *Creating Your Best Life*. Her sixth book, *Getting Grit* will be released in June 2017.

She has been featured in hundreds of magazines, newspapers and other media around the world including The New York Times, The Washington Post, USA Today, US News and World Report, ABC, CBS, NBC, NPR and CNN.

She currently serves as an Advisor and contributor to the pioneering wellbeing website and app, Happify.

She is a top-ranked Masters Swimmer in multiple events, has a black belt in Hapkido, and is the mother of three adult children.

Please stand and help me welcome Caroline Adams Miller, M A P P!!