



## **Authentic Grit: Your Secret to Happiness and Success**

Grit is increasingly considered one of the key ingredients of success. It is defined as “passion and perseverance in pursuit of long-term goals.” How gritty are you? If you do not know, you are not alone. Some people are predisposed to be more resilient and optimistic than others; however, most people don’t know how to identify and cultivate grit, and as a result don’t achieve their full potential in their work or personal lives. Positive psychology expert Caroline Adams Miller, MAPP uses insightful scientific research, applicable examples, and powerful stories to help you understand why this character strength is so important and what you can do to cultivate it in yourself and others. The audience takeaways include specific actions to change your behavior and mindset so that you are more likely to achieve fulfillment and success with all of your goals.

In this session, Caroline will teach you how to become gritty. After attending, you’ll be able to:

- “Change the channel” when difficulties arise and use more effective self-talk that is based on the newest brain science
- Challenge yourself to take the right risks by asking “why not?” instead of “why?”
- Create positive relationships and moments that define effective, resilient teams
- Develop clear-cut goals - both learning and performance goals – and avoid the mistakes most people make

**FORMAT:** 45-60 minutes keynote and has been done in a TEDX format of 20 minutes. Half and full day workshops are available, as well.

**IDEAL AUDIENCE:** Anyone who is required to create and accomplish goals in their jobs; who wants to cultivate a more resilient, gritty mindset; and/or wants the tools to build a better, more fulfilling life for themselves. Specific audiences have included: Leaders, Women's Groups, Universities, Schools, Entrepreneurs, Sales Teams, Athletic Groups, Multi-level Marketing Distributors, and Professionals such as Lawyers, Financial Advisors and Accountants.

**WHAT MAKES THIS PRESENTATION UNIQUE:** All of Caroline’s keynote presentations and workshops offer insightful scientific research, applicable examples, and powerful, timely stories (including from her own personal journey); and, leave her audiences with tangible takeaways and actions they can use to create their own happiness and success.

# CAROLINE

CAROLINE ADAMS MILLER, MAPP

## ABOUT THE PRESENTER:



For almost three decades Caroline Adams Miller, MAPP has been a pioneer with her ground-breaking work in the areas of goal setting/ accomplishment, grit, happiness and success. She is recognized as one of the world's leading positive psychology experts on this research and how it can be applied to one's life for maximum transformation and growth.

Caroline is the author of five books, including *Positively Caroline, My Name is Caroline* and *Creating Your Best Life*. Caroline's next book, [\*Getting Grit\*](#) (SoundsTrue 2017), will discuss why this character strength is so important to a flourishing life, who has it, and how to cultivate, amplify, and teach it. Caroline's TEDx Talk on grit, "The Moments That Make Champions" has received great reviews.

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*. Past clients have included: Young Presidents' Organization, Edward Jones, Morgan Stanley, WorkHuman, Columbia University, Brown Brothers Harriman & Co, The Wharton School and the American Society of Journalists and Authors.

## Here is a sample of what others have said about her presentations:

*"Excellent choice of a speaker! Ms. Miller was very articulate, knowledgeable, and inspiring. She possesses just the right amount of energy and stamina in presenting the material: positive psychology. Her presentation style captivates, invigorates, & engages the audience."*

**Participant, International Monetary Fund**

*"Caroline opened our conference with a talk about achieving happiness that was grounded in new research and, as a result, was thought-provoking as well as inspirational. Our audience of executive women continued to talk about Caroline's ideas for the rest of the conference. She really knocked it out of the park for us."*

**Marion Asnes, Investnet**

*"Quit or Grit? Caroline's presentation to the Leadership Forum provided a unique and thought-provoking point of view about the relationship between goal-setting, achievement and behavioral change. Caroline's ability to provide topical research and evidence, as well as relevant, real-world examples to her audience, is compelling. I encourage all leaders to follow her and take the Authentic Grit Challenge."*

**Shant Markarian, Managing Director, Lee Hecht Harrison**