



## **INTRODUCTION (Creating Your Best Life)**

For centuries, people have sought advice about what constitutes a good life and how to find lasting happiness. Studies have found that the happiest and most successful people are those who wake up every day to clear-cut goals that provide their lives with meaning and purpose.

Our speaker today is one of the first 33 people in the world to attain the Master's degree in Applied Positive Psychology from the University of Pennsylvania. The three books she has authored since graduating in 2006 - *Creating Your Best Life*, *Positively Caroline*, and *Getting Grit* - have been hailed around the world as pioneering approaches to finding happiness and success.

She has coached and helped hundreds of leaders and individuals create and accomplish their goals using her unique, comprehensive and evidence-based approach.

Her work has been featured in international media including the BBC, CNN and the New York Times.

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 give a warm welcome Caroline Adams Miller!!