



# CAROLINE

CAROLINE ADAMS MILLER, MAPP

## The BRIDGE to Goal Success A Revolutionary Approach to Game-Changing Results

Goal setting is a basic business fundamental. Everyone knows how. Or do they? What could your organization achieve by using a proven, research-based approach to setting and achieving goals?

Effectively setting goals can leapfrog you ahead of your competitors and arm you with a critical superpower that will spell the difference between success and failure. In fact, one recent survey found that the most resilient organizations during crises are those that have clear expectations, ways to measure progress, and the resources to accomplish them.

The pandemic created upheavals in our businesses. Old ways of measurement and motivation, like SMART goals and OKRs, need to be replaced by cutting-edge and scientific approaches. Caroline Miller's revolutionary BRIDGE method does that by including research on gender differences, resilience and grit, the impact of character strengths, goal setting theory, happiness, psychological safety, cultural and language differences, and much more. In this fast-paced and thought-provoking program, you'll learn to:

- Use the new BRIDGE methodology – brainstorming, relationships, investments, decisions, grit and excellence – to improve your pursuit of goal accomplishment and establish more effective pathways to success
- Understand the difference between learning goals and performance goals from Locke & Latham's goal setting theory – when to use each to achieve goals and avoid business catastrophes
- Identify each individual's top character strengths so that they know when they are at their best and most likely to succeed
- Understand the components of "good grit," including how to cultivate it, hire for it, and create a contagious environment
- Establish accountability and build a culture of positive energizers
- Apply the research on prompts and primes to instill habits that save time, money and energy

**FORMAT:** 45-90 minutes keynote. Half and full day workshops are available, as well.

**IDEAL AUDIENCE:** Business leaders, sales managers, anyone who is required to create and accomplish goals in their job. Specific audiences have included: sales teams; multi-level marketing distributors; professionals such as lawyers, financial advisors, and accountants; athletic groups; and entrepreneurs.

[www.CarolineMiller.com](http://www.CarolineMiller.com)

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## About Caroline

Caroline Adams Miller, MAPP is one of the world's leading positive psychology experts on Goals & Grit™. Caroline is passionate about helping people get more grit, achieve their goals and find happiness. She's spent 30+ years helping individuals, leaders and companies learn and integrate the science of goal accomplishment. Caroline has a Masters of Applied Psychology from the University of Pennsylvania and graduated *magna cum laude* from Harvard. She is the author of seven books, including *Getting Grit*, *Creating Your Best Life* and *My Name is Caroline*. Caroline's work has been featured around the world for decades in such outlets as CNN and BBC.



## What Others Are Saying About Caroline...

*"Caroline Adams Miller delivered a complete Grand Slam at our healthcare company's corporate conference. If you are looking for a keynote speaker who adds value, integrates academic research into practical applications, and moves people to action and change, you can't do any better than enlisting Caroline and her topic on Goal Setting and Authentic Grit."*

**Dr. Larry Benz President/CEO Confluent Health**

*"Caroline's cutting-edge insights on Grit and Goal Setting are awesome, and so needed in the business world now!"*  
**Deb Giffen, Director of Executive Programs at The Wharton School, University of Pennsylvania**

*"Caroline's engaging and thought-provoking presentation left our team primed to set hard short and long-term goals, push themselves to learn more and get the absolute most out of our whole person wellness and self-leadership programs. Our team felt empowered, invigorated, inspired to embrace grit and Caroline's talk provided numerous light bulb moments I will remember forever. We are so grateful to have been able to share her knowledge and passion with our team."*

**Merika Brown, Culture & Engagement Manager, Swisse Wellness Pty Ltd**

*"Caroline's speech was elegant yet powerful, interesting and inspiring; the presentation certainly raised our attention to be more proactive toward life and inspire others to change!"*

**Elaine Chen, CTBC Holdings, Taiwan**

*"Thank you SO much for that amazing presentation!! It blew our expectations out of the water!! The team's emails, Slack messages and phones have been blowing up from the moment you started speaking. The Blizzard community is feeling incredibly energized, motivated and gained a new perspective within that short time period. I can not wait to see your teachings and methods come into play each day here on campus."*

**Courtney Parker, Sr. Project Mgr., Blizzard Entertainment**

*"Caroline broke down the timeless need to set goals into actionable steps and our webinar participants loved it. She is a truly polished speaker, who makes her craft seem effortless because she engages listeners so easily. I walked away from her presentation ready to take on the new year and motivated to set and achieve goals!"*

**Abby Frackenhohl, Happify**

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