



## INTRODUCTION FOR CAROLINE ADAMS MILLER

For centuries, people have sought advice about how to flourish and live their best lives. Studies have found that the happiest and most successful people are those who wake up every day to clear-cut, meaningful goals that provide purpose, and who use grit to accomplish those goals.

Our speaker today is one of the first thirty-three people in the world to attain the Master's degree in Applied Positive Psychology from the University of Pennsylvania. She is the author of seven bestselling books that have been translated into multiple languages including *Creating Your Best Life*, *Getting Grit*, and *My Name is Caroline*. Her work has been featured for decades in global media including the BBC, CNN, and The New York Times.

She is a credentialed executive coach who works with senior leaders and their teams all over the world and is known for her pioneering evidence-based approach to goal accomplishment and its connection to flourishing. She is the founder of the BRIDGE methodology, a 21<sup>st</sup>-century how-to approach to accomplishing learning and performance goals.

She is a *magna cum laude* Harvard graduate, top-ranked Masters Swimmer in multiple events, and has a black belt in Hapkido (hap-key-doe). She and her husband have three adult children and live in Bethesda, MD. Let's give a warm welcome to Caroline Adams Miller!