



# CAROLINE

CAROLINE ADAMS MILLER, MAPP

## Cultivating Grit and Resilience Harnessing Passion, Perseverance and Purpose for Success

*"I don't know anybody who has thought more than Caroline Miller about how to apply the scientific research on grit and achievement to our own lives." — Dr. Angela Duckworth, author of the book GRIT*

In these times of greater complexity, ever-increasing regulation and stiff global competition, organizations need leaders who can weather change and be resilient. Resilient leaders know how to combine passion, persistence and purpose to embody authentic grit. Authentic grit awes and inspires others to become better people and imagine greater possibilities for themselves. Authentic grit is "the secret to success" because it is a necessary ingredient to accomplish long-term goals. If you want to learn how to cultivate authentic grit within yourself and your teams or need to motivate your team to accomplish long-term goals, this session is for your organization.

Caroline has focused on how to apply Dr. Angela Duckworth's grit research in pioneering ways to help individuals, teams and organizations hire for passion, perseverance, purpose, resiliency, and authentic grit. In this presentation, Caroline shares timely examples, stories and research-based insights that your audience can use immediately to:

- Cultivate authentic grit to stay resilient in the face of change and challenges
  - Recognize the difference between good and bad grit and how good grit evokes "the awethentic effect" in others
  - Develop practical strategies that support grit, such as defining purpose, developing "harmonious" passion, creating intrinsic motivation, and fostering a "growth" mindset
  - Create a culture of grit that encourages people to put forth their best efforts in a way that inspires others to do the same
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- **FORMAT:** 45-90 minutes keynote. Half and full day workshops are available, as well.
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- **IDEAL AUDIENCE:** Specific audiences have included: business leaders; entrepreneurs; sales teams; multi-level marketing distributors; professionals such as lawyers, financial advisors, and accountants; and athletic groups. Caroline also offers an all employee version of this topic.

[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 was an exceptional addition to our conference and I'm so truly thankful to have been able to share her charismatic and inspirational keynote with our audience. She seamlessly engaged with everyone and left us all feeling inspired and more empowered to be better leaders in both our professional and personal lives"*

**Alannah Easby, Leader of LEAD, HR.com**

*"Caroline was a powerhouse at our leadership conference. She challenged us to put the 'awe' back into awesome and how to use grit to accomplish our hard goals. Her message of 'you can't keep what you don't give away' inspired bold sharing and deep conversation from the audience and has continued to resonate throughout the organization beyond conference."*

**Ali Fillmore, Development Manager, lululemon athletica**

*"Caroline did an incredible job! Her message "Grit: How to Get Things Done" was impactful. She had total command of the subject matter. Caroline had a cool way of speaking academically as well as using "hip" words and timely examples that everyone related to. We appreciated that she stuck around to sign books and mingle with our members long after her keynote."*

**Rory S. Coakley, President, Coakley Realty**

*"Caroline has inspired us and brought-in a powerful conversation about the way and the type of goals we set within the organization. Furthermore, the open reflection of our strengths and the practices to cultivate GRIT have sparked a new way of approaching the way we can lead our teams, have a real impact in every person through connecting with their purpose, and develop a mindset to have bigger and bolder goals for our organization."*

**Carlos Puyo, Corporate Director Leadership and Learning, Belcorp**

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