



# CAROLINE

CAROLINE ADAMS MILLER, MAPP

## When Women Win

### Leadership Strategies that Foster a World of Gritty Women

Can you relate to the “shecession” we hear so much about in the news lately? Women leaders are busier than ever meeting everyone else’s expectations and juggling multiple roles in their lives. And, disappointingly, their professional and personal goals have gotten left behind according to global experts on gender equality. Also, new research finds many of the leadership strategies that have been practiced for decades don’t actually work as well for women as they do for most men. Women must learn the right tools and knowledge so they can be effective and inspirational, and maximize the chances that they will be rewarded for their success.

In one of her most popular presentations, Caroline Adams Miller, MAPP inspires women leaders to become their most authentic, ideal selves - not just who they feel they “ought” to be - and provides proven techniques to help them flourish and cultivate the passion, persistence, humility, and courage to achieve their toughest goals at home and work as the leaders they are meant to be.

**In this session, female leaders learn to flourish in and out of the office, including how to:**

- Identify and use their character strengths in positive ways to accomplish goals, thrive, and support others in doing the same
- Create resilience and authentic grit - or “good grit” - while avoiding the three types of “bad grit” that can destroy the office culture
- Add a “believe and achieve” mindset to women’s “tend and befriend” behavior so that women can learn to exult in each other’s successes and amplify each other’s ideas and efforts
- Use the new science-based approach and BRIDGE methodology to set the right goals for themselves, their organizations and their teams for optimal outcomes
- Cultivate a team of positive energizers, including men, who support women’s leadership and unique contributions to the workplace
- Understand why “ampliship” is the most important addition to common practices of mentorship and sponsorship because of its ability to reduce stereotype threat and add positive behavioral accountability
- Form a mastermind group of givers who foster conditions of psychological safety, exploratory risk-taking and positive social identity

**FORMAT:** 45-60 minutes keynote. Half and full day workshops are available, as well.

**IDEAL AUDIENCE:** Women’s meetings, conferences and forums. This program has been presented to women at: Brookings Executive Education, American Bar Association, U.S. Coast Guard, Impact Austin, Women@Google, Morgan Stanley, Ellevest/IFC World Bank, Harvard Law School, and more.

[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 exceeded all expectations today! She was simply compelling. Excellent presenter. Research-based. Even the skeptics liked her. We NEVER had a group that large stay in a meeting for two hours. Almost no one left."*

**Goulston & Storrs**

*"Caroline, you delivered what we asked for and more! We've had terrific feedback that you were easy to relate to, your stories were relevant, and the research gave your talk credibility for a high-powered audience. Everyone agreed they got rejuvenated, reignited and recommitted to setting and accomplishing meaningful goals."*

**Morgan Stanley Women's Group**

*"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, Envestnet**

*"The best way to kick off our inaugural BRG Women's Leadership Conference was to have Caroline speak and discuss "Getting Grit" with our audience. She brought such dynamic energy and purpose to the event, and it was such a pleasure to work with her, learn from her, and for our attendees to have the opportunity to spend such valuable time with her. She is a true leader and voice for women's leadership."*

**Meredith Anastasio, VP of BRG Branded Events, Berkeley Research Group, LLC**

*"Caroline Miller is an inspiration! Her engaging and powerful presentation resonated with our audience of scientists by incorporating data and research on grit into her stories and observations. She taught us not only why grit is so critical, but how to cultivate perseverance and passion to achieve our goals."*

**Jennifer Kmiec, Founder, Inspiring Women in STEM Conference**

*"When I heard Caroline speak at our 15<sup>th</sup> Anniversary event, her message challenged me to rededicate myself to finishing my memoir that I had started seven years earlier. She helped me see that I didn't have to have all the right words in order to start again. I just had to dig deep and believe that my story was worth telling. And, that's what I believe today. I can now add 'author' to my resume because her message helped me believe in myself."*

**Rebecca Powers, Founder of Impact Austin and Author of Your Cape is Showing**

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