



CAROLINE

CAROLINE ADAMS MILLER, MAPP

Bridging Grit, Resilience & Happiness

A Revolutionary Approach to Game-Changing Results

“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 GRIT

In these times of greater complexity, ever-increasing regulation and stiff global competition, organizations need leaders who can successfully weather change. Old ways of measurement and motivation need to be replaced by cutting-edge and scientific approaches. While goal setting is a basic business fundamental, the timeline for reaching those goals has changed drastically and time is no longer a luxury.

Resilient leaders know how to combine passion, persistence and purpose to embody authentic grit. Authentic (AWE-thentic) grit awes and inspires others to become better people and imagine greater possibilities and in turn happiness for themselves. It’s “the secret to success” because it is a necessary ingredient to accomplish long-term 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. Building on her revolutionary BRIDGE method (brainstorming, relationships, investments, decisions, grit and excellence), Caroline shares her research on gender differences, resilience and grit, the impact of character strengths, goal setting theory, and cultural differences. Implementing these principles empowers teams to have clear expectations, accurately measure progress and provides the resources to accomplish successful outcomes.

What makes this keynote particularly compelling is Caroline’s personal and timely stories that audiences can’t help but relate to in very thought-compelling and intimate ways, which result in every individual thinking about the best ways they can bridge their grit, resilience and ultimate happiness.

Key Takeaways Include:

- Understand various ways grit can be used both professionally and personally to increase resilience, create success, and lead with happiness
- Develop practical strategies that support grit, such as defining purpose, developing “harmonious” passion, creating intrinsic motivation, and fostering a “growth” mindset
- Cultivate authentic grit to stay resilient in the face of change and challenges
- Establish accountability and build a culture of positive energizers who encourage people to put forth their best efforts in a way that inspires others to do the same

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.

About Caroline Adams Miller, MAPP

Caroline is a well-respected expert on Goals & Grit™ whose scientific approach to change fosters lasting success in organizations and individuals. She has spent 30+ years helping individuals, leaders and companies learn and integrate the science of flourishing, grit and goal accomplishment. Caroline has a Masters of Applied Positive Psychology from the University of Pennsylvania and she graduated *magna cum laude* from Harvard University. She is the author of eight 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 clients are saying about Caroline:

“Thank you so much for the wonderful presentation. We got so much positive feedback from the attendees, they were very happy! It was great to work with you.”

- CAPITAL GROUP

“The community loved it. We have received tons of positive feedback. Everyone learned a lot, and it really made people think. Many of the pieces that you spoke about were things we really needed to hear. They gave us a reminder of hope and possibility for the future.”

- BETH ISRAEL CONGREGATION