



CAROLINE

CAROLINE ADAMS MILLER, MAPP

When Women Win

Winning Leadership Strategies That Foster a World of Grit-Fueled Women

Can you relate to the “SHEcession” we hear so much about in the news lately? The pandemic has shined a spotlight on the fact that women leaders are busier than ever meeting everyone else’s expectations and juggling multiple roles, while their personal and professional goals have been left behind.

In one of her most popular presentations, Caroline inspires women leaders to become their most authentic, ideal selves and provides proven techniques to help them flourish and cultivate the persistence, humility, and courage to achieve their toughest goals. She provides clever guidance on how to create resilience and authentic “good” grit while avoiding the three types of “bad” grit that can destroy the office culture, especially for women. Another life hack explored is how to cultivate 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. The goal? Create a team of positive energizers, including men, who support women’s leadership and unique contributions to the workplace.

Key Takeaways Include:

- 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

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