



# CAROLINE

CAROLINE ADAMS MILLER, MAPP

## KEYNOTE DESCRIPTION

### [Bridging Grit, Resilience, and 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*

With ever-increasing complexity, regulation, and competition, organizations need resilient leaders who can navigate change with ease. Caroline's program presents cutting-edge, scientifically proven methods to help you succeed.

Caroline's BRIDGE method (brainstorming, relationships, investments, decisions, grit, and excellence) is the foundation for her program. She shares research on resilience, grit, gender differences, character strengths, goal-setting theory, and cultural differences. By implementing these principles, teams can establish clear expectations, accurately measure progress, and achieve successful outcomes.

The keynote is particularly engaging because of Caroline's personal and timely stories that resonate with the audience. Attendees will gain a deeper understanding of how to use grit professionally and personally to increase resilience, create success, and lead with happiness. By cultivating authentic grit, you will stay resilient in the face of change and challenges.

Key takeaways include:

- Practical strategies for defining purpose, developing harmonious passion, creating intrinsic motivation, and fostering a growth mindset.
- Establishing accountability and building a culture of positive energizers that will encourage people to put forth their best efforts in a way that inspires others to do the same.

## 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. She graduated *magna cum laude* from Harvard University. Caroline is the author of eight books, including *Getting Grit*, *Creating Your Best Life*, and *My Name is Caroline*.

Caroline's work has been featured worldwide in such outlets as NBC, CNN, BBC, The New York Times, The Washington Post, and Success magazine.



**What Clients say about Caroline:** *"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

For questions or information on booking Caroline, please contact:

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