



CAROLINE

CAROLINE ADAMS MILLER, MAPP

KEYNOTE DESCRIPTION

[Empowering Women to Win: Strategies for Cultivating Grit and Success in the Workplace and Beyond](#)

In today's world, women leaders face unique challenges, particularly in the wake of the pandemic.

In "Empowering Women to Win," Caroline Miller empowers women to achieve their personal and professional goals while avoiding the three types of "bad grit" that can undermine office culture. Caroline's presentation provides actionable advice on how to cultivate resilience and authentic "good grit," while also embracing a "believe and achieve" mindset that supports women's unique contributions to the workplace.

Through the use of her scientifically proven BRIDGE methodology, Caroline helps women identify their character strengths and set goals for themselves and their teams that lead to optimal outcomes. Attendees will leave this presentation feeling inspired to cultivate a team of positive energizers who support women's leadership and amplify each other's successes.

Key takeaways include:

- Identifying and using character strengths to achieve personal and professional goals
- Building resilience and authentic grit while avoiding "bad grit"
- Cultivating a "believe and achieve" mindset to support women's contributions to the workplace Using the BRIDGE methodology to set effective goals for themselves and their teams.

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:

Melissa Spencer, Manager

O: 702-844-2371 | M: 407-222-2968 | E: melissa@spencersconsulting.com