



CAROLINE

CAROLINE ADAMS MILLER, MAPP

KEYNOTE DESCRIPTION

Mastering Goal Setting for Organizational Success

Achieving organizational success requires effective goal setting, but many companies fail to utilize the scientifically proven approach outlined by Locke & Latham's theory (1990) - the #1 evidence-based approach.

As we navigate a post-COVID world, setting clear goals has become even more critical for coaching employees toward success and facilitating teamwork. As well as providing accurate performance data for a hybrid and distributed workforce.

This presentation will cover the following topics for leaders and teams:

- The Locke & Latham theory for effective goal setting.
- The importance of differentiating between learning and performance goals and the dangers of mixing them up.
- Caroline's BRIDGE™ method for achieving KPIs and the dangers of relying solely on grit to achieve challenging goals.

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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