

KEYNOTES & WORKSHOPS

Caroline Adams Miller, MAPP



[SPEAKER VIDEO REEL](#)

The Science of Big Goals: Proven Strategies for Flourishing and Performance

Transforming evidence into action, grit into growth, and goals into greatness

Description:

Organizations everywhere wrestle with unmet goals, stalled objectives, and fading morale. Why? Most are still using outdated, unscientific approaches to goal setting. Caroline Adams Miller, MAPP, one of the world's pioneering voices in Positive Psychology and goal setting, has spent decades helping leaders replace guesswork with proven science.

Her dynamic keynote draws on Locke and Latham's groundbreaking Goal Setting Theory, the psychology of flourishing, and the science of grit to reveal a framework that works in today's fast-changing environment. Caroline doesn't just motivate—she equips leaders and teams with actionable tools they can implement the next day.

Companies waste countless hours and resources chasing goals that fail to stick, leaving teams frustrated and performance lagging. Caroline provides leaders with an evidence-based blueprint to break the cycle of failure and transform goal setting into a sustainable driver of engagement, accountability, and measurable results.

Key Takeaways:

- The six evidence-based keys to setting and achieving transformative goals.
- How to balance learning goals with performance goals for sustained growth.
- Practical methods to prime teams for success, avoid common pitfalls, and build cultures of accountability.

Caroline's approach is powerful, research-driven, and more accessible than that of traditional big-name speakers, making her the best investment for organizations seeking results.