

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 Most are still using outdated, unscientific approaches to goal setting.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.

The Best Possible You: Turning Strengths into Success and Regret into Resilience

Because unrealized potential is the greatest waste in leadership

Description:

In today's high-pressure world, leaders often prioritize everyone else's needs while neglecting their own dreams and talents. This creates burnout, restlessness, and untapped potential. Caroline Adams Miller, MAPP, one of the world's leading authorities on Positive Psychology and grit, offers a breakthrough approach to reclaiming hidden strengths and transforming them into purposeful achievement.

Organizations lose energy and momentum when leaders and employees leave their greatest talents untapped, resulting in disengagement, burnout, and stalled growth. Caroline helps leaders reclaim hidden strengths, build resilience, and reignite purpose, turning wasted potential into performance and fulfillment.

Through evidence-based strategies and inspiring global stories, Caroline empowers leaders to step into their "best possible selves." Her session combines science, grit, and motivation to help leaders not only find meaning but also ignite it within their organizations.

Key Takeaways:

- Discover unused strengths that can accelerate personal and professional growth.
- Apply science-based goal setting to unlock both achievement and fulfillment.
- Build networks of "positive energizers" who elevate performance and joy.
- Cultivate resilience, optimism, and courage to pursue bold, meaningful goals.

Leaders leave energized, equipped, and ready to rewrite their story of success—with no potential left on the table.

Her Win is Our Win: The Art of Women Supporting Women

In a world that tells women to play small, be likable, and stay in their lane, what happens when a woman chooses to lead boldly, speak up, and shine? Too often, she's met not only with external resistance, but with silence or sabotage from other women.

In this provocative, uplifting, and research-backed keynote, bestselling author and positive psychology pioneer Caroline Adams Miller dares to unpack the unspoken truth: the greatest barrier to women's success isn't always the glass ceiling - it's the lack of visible support from other women.

Caroline weaves storytelling, science, and solution-driven strategies to tackle the taboo topic of women undermining women, and offers a blueprint to rewrite the script. Drawing on compelling research, global stories, and her own lived experience, she offers a bold call to action: to rise together, celebrate each other's wins, and cultivate what she calls "Ampliship™"; the practice of championing women's success in front of witnesses.

This is not just a keynote - it's a movement. And it starts with one bold idea: *Her win is our win.*

Audience Takeaways:

- **Uncover the hidden dynamics that hold women back**—including unconscious bias, cultural conditioning, and “verbal jiu-jitsu”, and learn how to disrupt them.
- **Learn the three powerful practices** that help build a culture of Ampliship™—where women actively promote each other's ideas, voices, and success.
- **Walk away with actionable tools** to foster “Relational Grit” through mastermind groups, strategic encouragement, and public celebration of other women's achievements.

Whether you're a leader in business, education, nonprofits, or community service, this talk will leave you inspired to build bigger tables, create lasting impact, and become the kind of woman who claps when another woman wins.

Bridging Grit, Resilience, and Happiness: A Revolutionary Approach to Game-Changing Results *Harnessing authentic grit to build a future where people and performance flourish*

Organizations today are facing unprecedented pressure—compressed timelines, rapid change, and heightened competition. Traditional motivation and outdated goal-setting methods are no longer enough. The result? Leaders and teams that burn out, lose focus, and underperform in the moments they're needed most.

Caroline Adams Miller, MAPP—recognized globally as one of the foremost authorities on grit, resilience, and Positive Psychology—shows leaders how to transform performance by blending passion, persistence, and purpose into what she calls *authentic grit*. Unlike toxic “push harder” cultures, authentic grit fuels sustainable achievement while inspiring others to rise with you.

Drawing from decades of research and her revolutionary **BRIDGE Method** (Brainstorming, Relationships, Investments, Decisions, Grit, and Excellence), Caroline equips audiences with practical, evidence-based strategies to set meaningful goals, stay resilient under pressure, and build cultures where happiness drives high performance.

Key Takeaways:

- **Turn Pressure Into Performance:** Use grit as a tool for resilience and sustainable success.
- **Lead With Purpose:** Replace outdated motivational tactics with strategies that align meaning and results.
- **Build Stronger Cultures:** Create teams of positive energizers who uplift, engage, and sustain each other.
- **Implement the BRIDGE Framework:** A proven, actionable system for achieving game-changing outcomes.