



KEYNOTES & WORKSHOPS

Caroline Adams Miller, MAPP

[SPEAKING REEL](#)

THE SCIENCE OF FLOURISHING: WHAT EVIDENCE-BASED LEADERSHIP ACTUALLY LOOKS LIKE

Decades of research confirm what great leaders already sense: most people operate at a fraction of their actual capacity – not from lack of effort, but from lack of the right science. Caroline Adams Miller, MAPP, delivers a breakthrough framework for identifying hidden strengths and transforming them into purposeful, sustainable achievement – built on the same research endorsed by Dr. Martin Seligman, the founder of Positive Psychology.

Key Takeaways:

- **Strength Discovery:** Identify and deploy the specific internal “power-ups” that accelerate growth and prevent burnout.
- **The “Best Possible Self”:** Apply evidence-based strategies to close the gap between current performance and peak potential.
- **Positive Energizers:** How to build high-impact networks that elevate both organizational joy and measurable bottom-line results.

Caroline’s work is cited by the researchers who wrote the science including Goal Setting Theory co-founder Gary Latham and Grit pioneer Angela Duckworth. Organizations don’t hire her for inspiration. They hire her because her frameworks produce measurable behavior change. That’s a different category entirely.

AUTHENTIC GRIT: THE SCIENCE OF SUSTAINABLE HIGH PERFORMANCE

“Your insights were not only enlightening but also incredibly motivating. Your delivery captivated our sales team from start to finish ... we look forward to collaborating again.”

– Annie Yuzzi, VP, Corporate Event Marketing, Sumo Logic, Inc.

Most performance cultures are built on the wrong kind of grit – the kind that produces short-term wins and long-term burnout. Caroline Adams Miller, MAPP, shows leaders how to replace that model entirely. Drawing on the same research landscape as Grit pioneer Angela Duckworth, Caroline’s BRIDGE Method equips audiences to move beyond exhaustion toward a culture where happiness and resilience drive measurable results and lasting productivity.

Key Takeaways:

- **Pressure into Performance:** Master Authentic Grit as a tool for sustainable success – not the “stupid grit” that burns out your best people.
- **The BRIDGE Framework:** Implement a proven, actionable system (Brainstorming, Relationships, Investments, Decisions, Grit, Excellence) for measurable, world-class outcomes.
- **Positive Energizers:** Replace outdated motivational tactics with a culture that inspires teams to rise – and stay – at the top.

Angela Duckworth’s research put grit on the map. Caroline’s BRIDGE Method shows leaders what to actually do with it. Organizations hire Caroline because her frameworks don’t just explain the science – they install it as a repeatable system for measurable behavior change.

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

“Caroline was one of the highest-rated speakers on our national tour. Her message resonated deeply, earning multiple standing ovations. She was an absolute pleasure to work with.”

- Christopher Novais, Managing Director, The Art of Women

The greatest barrier to women’s success isn’t always the glass ceiling. It’s the absence of visible, vocal support from other women. In this research-backed keynote, Caroline unpacks the unspoken dynamics of “verbal jiu-jitsu” – the subtle ways women’s ideas get talked over, redirected, or claimed by others – and the cultural conditioning that makes it invisible. She offers a bold blueprint for “Ampliship™”; the practice of championing other women’s success in front of witnesses to expand who gets credited, promoted, and heard.

Key Takeaways:

- **Disrupting the Script:** Identify and dismantle the unconscious biases and cultural conditioning that lead to women undermining women.
- **The Ampliship™ Practice:** Three powerful, science-backed methods for actively promoting other women’s ideas, voices, and successes.
- **Fostering Relational Grit:** Practical ways to build communities where women celebrate, champion, and elevate one another - and sustain it under pressure.

Ampliship™ isn’t a hashtag. It’s an evidence-based practice with measurable impact on retention, advancement, and organizational structure. Caroline is the only speaker bringing this framework to the stage. Organizations hire her because she doesn’t just inspire women to support each other – she gives them the specific tools to do it.