

# 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.