

# **Caroline Adams Miller, MAPP**

## **Short Biography**

For almost three decades Caroline Adams Miller, MAPP has been a pioneer with her ground-breaking work in the areas of goal setting/accomplishment, grit, happiness and success. She is recognized as one of the world's leading positive psychology experts on this research and how it can be applied to one's life for maximum transformation and growth.

Caroline is the author of five books, including ***Positively Caroline, My Name is Caroline*** and ***Creating Your Best Life***. She has been featured in hundreds of magazines, newspapers and other media around the world including The New York Times, The Washington Post, USA Today, US News and World Report, ABC, CBS, NBC, NPR and CNN. Her next book, ***Getting Grit: The Evidence-Based Approach to Cultivating Passion, Perseverance and Purpose*** will be published in 2017 by SoundsTrue.

Caroline's 2014 TEDx Talk on grit, *The Moments That Make Champions*, has received great reviews. Past clients have included: YPO, Edward Jones, Morgan Stanley, Brown Brothers Harriman, Envestnet, Harvard University, WorkHuman and the Canadian Positive Psychology Association.