



Putting the “AWE” Back In “Awesome”

Although the word "awesome" is thrown around a lot in today's society, experts say that we have become "awe-deprived" in recent years due to cheating scandals in sports and business, lowered standards for excellence, and school funding being cut for the arts and music. The millennial generation, however, has been raised with abundant praise, leading to concerns that when their performance reviews aren't "awesome" they feel discouragement and demotivation. Easy goals and low standards for excellence can actually prevent people from becoming awesome. According to the most current research, when people are truly awe-inspired by extraordinary behavior and events, they are profoundly impacted, and are more likely to work hard, be hopeful, and be kind to others. Grit is also an essential element in being awesome, and specific character strengths that undergird gritty behavior can be cultivated to support becoming awesome. Using research, client stories and her own personal experiences, Caroline weaves together a variety of information that will leave audiences understanding the importance of hard goals, gritty behavior and why inspiration is a necessary ingredient in a flourishing life.

Audience members will leave with specific takeaways of how to:

- Develop three behaviors that have been found in authentically awesome people
- Cultivate their own character strengths that lead to becoming grittier
- Set their goals so they inspire not just themselves but others, too, to pursue awesome goals

Caroline has designed a number of worksheets to accompany her next book, "Getting Grit" (SoundsTrue 2017) that can be used in breakout sessions or as audience takeaways.

FORMAT: 45 to 60-minute keynote; half and full-day workshops are available, as well

IDEAL AUDIENCE: Anyone who is required to create and accomplish goals in their job or wants to create a better life for themselves. Specific audiences have included: Leaders, Women's Groups, Universities, Schools, Entrepreneurs, Sales Teams, Athletic Groups, Multi-level Marketing Distributors, and Professionals such as Lawyers, Financial Advisors and Accountants.

WHAT MAKES THIS PRESENTATION UNIQUE: All of Caroline's keynote presentations and workshops offer insightful scientific research, applicable examples, and powerful stories (including from her own personal journey). The consistent feedback is that her audiences leave with tangible takeaways and actions they can use to accomplish their goals and drive happiness and success in their professional and personal life.

CAROLINE

CAROLINE ADAMS MILLER, MAPP

ABOUT THE PRESENTER:



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*. Caroline's next book, [*Getting Grit*](#) (SoundsTrue 2017), will discuss why this character strength is so important to a flourishing life, who has it, and how to cultivate, amplify, and teach it. Caroline's TEDx Talk on grit, "The Moments That Make Champions" has received great reviews.

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*. Past clients have included: Young Presidents' Organization, Edward Jones, Morgan Stanley, WorkHuman, lululemon, Columbia University, Brown Brothers Harriman & Co, The Wharton School and the American Society of Journalists and Authors.

Here is a sample of what others have said about her presentations:

"Caroline was an amazing closing keynote speaker at our Educating for Resilience Conference! Her knowledge of grit and what fuels optimal performance is just phenomenal and she is able to dynamically connect with her audience in such an authentic way. Caroline weaves her unique insights with the latest research in psychology to deliver a highly valuable session. We liked her so much, we're having her back next June!"

Canadian Positive Psychology Association

"Caroline, you delivered what we asked for and more! We've had terrific feedback that you were easy to relate to, your stories were relevant, and the research gave your talk credibility for a high-powered audience. Everyone agreed they got rejuvenated, reignited and recommitted to setting and accomplishing meaningful goals."

Morgan Stanley

"Caroline is the perfect combination of research knowledge and a practical approach to positive psychology. All the class was thrilled!!!!"

Universidad Tecmilenio