



Authentic Grit: Your Secret to Happiness and Success

Grit is increasingly considered one of the key ingredients of success. It is defined as “passion and perseverance in pursuit of long-term goals.” How gritty are you? If you do not know, you are not alone. Some people are predisposed to be more resilient and optimistic than others; however, most people don’t know how to identify and cultivate grit, and as a result don’t achieve their full potential in their work or personal lives. Positive psychology expert Caroline Adams Miller, MAPP uses insightful scientific research, applicable examples, and powerful stories to help you understand why this character strength is so important and what you can do to cultivate it in yourself and others. The audience takeaways include specific actions to change your behavior and mindset so that you are more likely to achieve fulfillment and success with all of your goals.

In this session, Caroline will teach you how to become gritty. After attending, you’ll be able to:

- “Change the channel” when difficulties arise and use more effective self-talk that is based on the newest brain science
- Challenge yourself to take the right risks by asking “why not?” instead of “why?”
- Create positive relationships and moments that define effective, resilient teams
- Develop clear-cut goals - both learning and performance goals – and avoid the mistakes most people make

FORMAT: 45-60 minutes keynote and has been done in a TEDX format of 20 minutes. Half and full day workshops are available, as well.

IDEAL AUDIENCE: Anyone who is required to create and accomplish goals in their jobs; who wants to cultivate a more resilient, gritty mindset; and/or wants the tools to build a better, more fulfilling 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, timely stories (including from her own personal journey); and, leave her audiences with tangible takeaways and actions they can use to create their own happiness and success.

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 seven books including [*Positively Caroline*](#), [*My Name is Caroline*](#), [*Creating Your Best Life*](#) and [*Getting Grit*](#). *Live Happy Magazine* named *Creating Your Best Life* one of the top ten goal-setting books ever published and *Getting Grit* one of the ten books that will change your life in 2017.

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*, *U.S. News & World Report*, *ABC*, *CBS*, *NBC*, *NPR* and *CNN*.

Caroline's TEDx Talk on grit, "The Moments That Make Champions," has received great reviews. Caroline works with clients around the world including: Booz Allen, Young Presidents' Organization, Morgan Stanley, WorkHuman, lululemon, Harvard Law School, Brown Brothers Harriman & Co, The Wharton School/UPENN, Swisse Wellness, RE/MAX and the Canadian Positive Psychology Association.

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

"Excellent choice of a speaker! Ms. Miller was very articulate, knowledgeable, and inspiring. She possesses just the right amount of energy and stamina in presenting the material: positive psychology. Her presentation style captivates, invigorates, & engages the audience."

Participant, International Monetary Fund

"Caroline opened our conference with a talk about achieving happiness that was grounded in new research and, as a result, was thought-provoking as well as inspirational. Our audience of executive women continued to talk about Caroline's ideas for the rest of the conference. She really knocked it out of the park for us."

Marion Asnes, Investnet

"Where did we find this gem? Fabulous! Caroline was spectacular, engaging and gave us practical tips that we can put to use right away. I loved this speaker, and I don't say that about most speakers. She was first-class and scientifically sound. I will be better at what I do because of her talk. "

National Association of Professional Organizers