



## **Gritty Women: Female leaders must cultivate grit to survive and thrive in today's workplace**

Women all over the world struggle in disproportionate numbers from “diseases of despair,” and are hampered by numerous limitations that prevent them from having the same privileges and opportunities for leadership as men in the boardroom, academia, sports and elsewhere. For example, female CEOs have dropped to their lowest numbers in decades, progress in the STEM field has stalled with “one million missing women,” and recent research finds that coverage of women’s sports has become more sexist. Additionally, women are held to double standards – they’re expected to be strong leaders and humble females all at the same time.

It’s a tough line to toe. And at times can be exhausting.

What do most females who thrive in the current business climate have in common? Grit!

In this talk, Caroline Adams Miller will share the stories of gritty women around the world and from history. Their actions, habits and mindset offer lessons that female leaders can learn from at a time when it’s never been more important. These stories will inspire your audience to take bold steps, imagine bigger futures, and have the passion, persistence, humility, courage to achieve hard goals.

Caroline will also share evidence-based goal setting techniques – which have been proven to be effective in fostering lasting change. Women who seek to flourish, pursue meaningful goals, and attain leadership positions will need to have a greater understanding of how to get and help others cultivate the quality called “the secret to success” —grit.

In addition to breaking new ground in the fields of evidence-based goal-setting, happiness and grit, Caroline is considered one of the key pioneers of the eating disorder recovery field. Her first book, “My Name is Caroline” (Doubleday 1988) was the first autobiography of overcoming bulimia at a time when it was considered a “hopeless” disorder, and “Positively Caroline” (Cogent 2013) is the first book to cover how she reached over 25 years of unbroken recovery. Her decades of offering hope, help and practical tools for actionable change have earned her many awards and international recognition as a leader in the fields of self-help, change, leadership and Positive Psychology.

After attending, participants are able to:

- Understand the unique relationship challenges facing women and how to create a supportive, proactive environment at home and work
- Know why one of the top strengths of successful CEOs is one of the deadliest for women and how to deal with it
- Overcome the “imagination gap” suffered by women and know how to set the right goals
- Handle and turn around the subtle ways women are disempowered verbally and behaviorally
- Learn about the importance of creating a “moai” – a mastermind group – and why women need each other to “tend and befriend”
- Use storytelling to make a major impact on overcoming failure, creating psychological safety and instilling hope in oneself and others
- Decipher the differences between “good grit” and “bad grit” when picking female role models and creating a web of influence

**FORMAT:** 45-60 minutes keynote. Half and full day workshops are available, as well.

**IDEAL AUDIENCE:** Women who are required to create and accomplish goals in their jobs; who want to cultivate a more resilient, gritty mindset; and/or wants the tools to build a better, more fulfilling life for themselves.

#### **What others have said about Caroline’s presentations:**

*“Caroline Miller is an inspiration! She taught us not only why grit is so critical, but how to cultivate perseverance and passion to achieve our goals.”* **Inspiring Women in STEM Conference**

*“Caroline helped us see that we have something special; that we have displayed grit from our inception; and, that dreaming big and bold is something we MUST continue to do.”* **IMPACT Austin**

*“Caroline’s talk 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.”* **Envestnet**

*“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. Everyone agreed they got rejuvenated, reignited and recommitted to setting and accomplishing meaningful goals.”* **Morgan Stanley Women’s Group**

