



## **Caroline Adams Miller, MAPP**

For three decades, Caroline has been a pioneer with her groundbreaking work in the areas of goal setting, 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 helps people identify, come up with a plan for, and persist in pursuing their toughest goals — leading to their success, happiness and flourishing, while inspiring those around them. Achieving hard, meaningful goals is one of the most rewarding things we can do in both our personal and professional lives. Although she didn't have a word for it at the time, Caroline used "grit" to help overcome her personal battle with bulimia. Today, she helps others develop the traits they need to get to the finish line.

### **SPEAKER**

In her keynote presentations and workshops, Caroline blends personal experience, real life examples and cutting-edge research in positive psychology, to come up with practical applications that create fresh awareness of how to cultivate change. Caroline leaves her audiences with tangible takeaways and actions they can use to create their own happiness and success.

Angela Duckworth, winner of the 2013 MacArthur Genius grant for her research on grit, said of Caroline: "I don't know anybody who has thought more than [Caroline] about how to apply the scientific research on grit and achievement to our own lives!"

Caroline's TEDx Talk "The Moments That Make Champions" explores the three things that we can choose to do differently to improve our chances of developing grit.

Caroline has worked with clients around the world including: Morgan Stanley, lululemon, The Wharton School/UPENN, RE/MAX, Booz Allen, Young Presidents' Organization, Harvard Law School, and Swisse Wellness.

### **AUTHOR**

Caroline is the author of six books, including the bestselling *My Name is Caroline* (Doubleday 1988), which was an Alternate Selection of the Literary Guild, and *Positively Caroline* (Cogent 2013), its sequel. *Creating Your Best Life* (Sterling 2009), is the first mass market self-help book on the science of happiness and how it intersects with the

science of accomplishing goals. It is popular in the mass market and is also used as a textbook in numerous coaching and Positive Psychology classes around the world. The “father of Positive Psychology,” Martin Seligman, lauded Caroline’s scholarship in his book *Flourish*, noting that she had “added a major missing piece to the world of coaching” because of her ground-breaking and evidence-based connection between Positive Psychology and success. Her workbook, *Your Happiest Life*, is a four-week guide to help users learn how to set and accomplish goals in a step-by-step way through science-based activities and proven techniques. Caroline’s newest book, *Getting Grit* (Sounds True 2017), discusses why the character strength grit is so important to a flourishing life, who has it, and how to cultivate, amplify, and teach it. *Live Happy Magazine* named *Creating Your Best Life* one of the top 10 goal setting books ever published and *Getting Grit* one of the 10 books that would change your life in 2017. Caroline’s books have been translated into German, Korean, Spanish, Chinese, Japanese and Italian.

### **MEDIA PERSONALITY**

Caroline’s work has been featured in hundreds of magazines, newspapers and other media around the world including *BBC World News*, *The New York Times*, *The Washington Post*, *NBC*, *NPR*, and *CNN*. She was the first Positive Psychology expert to bring coaching and happiness to satellite radio via XM with her “Positive Tip of the Day.”

### **PROFESSIONAL COACH**

For two decades, Caroline has coached hundreds of individuals, from senior executives to professional athletes, and parents to politicians on how to identify their character strengths, get more grit and achieve their goals. She is a Professional Certified Coach (PCC) through the International Coach Federation. In 2015, Caroline was named “one of the 10 Positive Psychology coaches to follow.”

### **EDUCATOR**

Caroline is a popular presenter in the University of Pennsylvania’s Wharton Business School Executive Education program. She was an adjunct lecturer in Positive Psychology and coaching at NYU’s School of Continuing and Professional Studies, and at the University of Texas-Dallas School of Management for almost a decade. She facilitates webinars and training for dozens of organizations, including the [VIA Institute on Character](#) about well-being, productivity, grit, and success. Caroline was one of the first happiness experts to join and advise [Happify](#), the premier digital platform offering evidence-based resilience solutions for employers and health plans.

### **EDUCATION**

Caroline has a Masters of Applied Positive Psychology from the University of Pennsylvania and graduated *magna cum laude* from Harvard. She is a top-ranked Masters Swimmer in multiple events, has a black belt in Hapkido and has more than three decades of unbroken recovery from bulimia.