



## How to Cultivate Grit in Schools...

### And Put 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, and overall lowered standards for excellence. The millennial generation, however, was 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 one's best self. Using research and stories of gritty people, Caroline weaves together a variety of information that leaves “Gen Z” students, parents, and teachers understanding the importance of hard goals, gritty behavior, and why inspiration is a necessary ingredient in a flourishing life.

**FORMAT OPTIONS:** Caroline designs the day to include three programs (keynote and/or workshops) to match the unique needs of each of the three audiences (students, teachers/staff, and parents). The client and speaker mutually agree upon the exact times and lengths of each program.

**During the programs, Caroline explains and facilitates:**

- The current paucity of grit/resilience in society and what factors have led to the inability to handle stress, disappointment and setbacks.
- The role that schools have played in creating and perpetuating these problems, and what they can do to stop coddling students and their parents.
- Ways to embed grit education in a school's daily environment and discussions.
- That all grit is not created equal - i.e. overuse of grit can be detrimental (selfie grit, stupid grit, and faux grit).
- How parents, students and teachers can change the ways they live and interact with others to enhance the cultivation of grit and its supporting character strengths (humility, patience, self-regulation, bravery, teamwork, and persistence, among others).

**IDEAL AUDIENCE:** Parents, Teachers, Students, School Administrators, Gen Z students, Education Conferences, School Boards, School Associations.

**ABOUT YOUR PRESENTER:**

Caroline Adams Miller, MAPP is one of the world's leading positive psychology experts on Goals & Grit™. Caroline is passionate about helping people get more grit, achieve their goals and find happiness. She's spent more than 30 years helping individuals, leaders and companies to achieve their goals. Caroline has a Masters of Applied Positive Psychology from the University of Pennsylvania and graduated *magna cum laude* from Harvard. She is the author of six books, including *Getting Grit* (Sounds True 2017) and *Creating Your Best Life* (Sterling 2009). Caroline's work has been featured in *BBC World News*, *The New York Times*, *The Washington Post*, *NBC*, *NPR* and *CNN*.



**Here is a sample of what others have said about Caroline's presentations:**

*We were taken aback at [the students] level of engagement and their comments about the subject. I genuinely feel that Mrs. Miller sparked an awareness in many of our students regarding what they need to do for themselves in order to achieve success in the future. During the afternoon session with our teachers and staff, [Mrs. Miller] encouraged teachers to ignite their passion for teaching, to be persistent their pursuit of excellence for themselves and their students, and to further develop their own grittiness in order to inspire others... The evening parent meeting was full of eye-opening information regarding the importance of grit and the possible consequences of its absence. Mrs. Miller's candid approach challenged us (I listened as a fellow DAD that night) to consider our current style and inspired us to view our kids through a new lens.*

**—Murphy Middle School, Plano ISD**

*Caroline is a dynamic and gifted presenter. Her talks on Grit are insightful, compelling and draw from her expertise and experience in a range of areas, including positive psychology. It was a joy to host her. We have received excellent feedback and, in working with us, Caroline went 'above and beyond' in making the most of opportunities to connect with our students, staff and community. She is an inspiration.*

**—Ravenswood School for Girls**

*Thank you for your outstanding contribution to the success of the 2017 PESA National Conference, held in Sydney... "Getting Grit: How to Embed Passion, Persistence and Awe in your School," was quite compelling ... certainly resonated with our delegates... Your engaging and dynamic keynote address was a wonderful way to kick off our conference.*

**— Positive Education Schools Association Ltd**