



Be All In: What it Takes to be a Gritty Woman

What do most female leaders who thrive in the current business climate have in common? Grit! Authentic Grit is the passionate pursuit of hard goals that awes and inspires others to become better people, flourish emotionally, take positive risks, and live their best lives. Achieving hard, meaningful goals is one of the most rewarding things women can do personally and professionally. In this talk, Caroline Adams Miller shares the actions, habits and mindset of gritty women around the world, lessons that female leaders can learn at a time when it's never been more important. Through storytelling and ground-breaking research, Caroline inspires your audience to be fearless, take bold steps, imagine limitless futures, and have the passion, persistence, humility, and courage to take risks and achieve their toughest goals.

After attending, participants are able to:

- Assess and amplify their flourishing, using their character strengths;
- Set goals with evidence-based approaches for best possible outcomes;
- Develop their environment with a supportive “web of influence” including a “moai” – a Mastermind group; and
- Cultivate a mindset of self-efficiency, resilience, optimism, and grit, as well as commit to help other women through sharing their stories of grit.

Caroline can work with you to customize this presentation to fit your needs, and include women from your industry or women that you feel will resonate with your audience.

FORMAT OPTIONS: 45-60 minute keynote; half-day workshop

IDEAL AUDIENCE: Women meetings, conferences and forums. This program has been presented to women audiences including: Brookings Executive Education, American Bar Association, US Coast Guard, Impact Austin, Women@Google, Morgan Stanley, and Harvard Law School, among other places.

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:

Your talk was thought-provoking, fascinating, and refreshingly honest. The excitement seen during the Q&A discussion is certainly a testament to the relevance of your work and the quality of your presentation.

— Kelly Flaherty, Alumnae-i Network for Harvard Women - DC

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.

— Lauren Paver, Board Chair, IMPACT Austin

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 Miller is an inspiration! Her engaging and powerful presentation resonated with our audience of scientists by incorporating data and research on grit into her stories and observations. She taught us not only why grit is so critical, but how to cultivate perseverance and passion to achieve our goals.

— Jennifer Kmiec, Founder, Inspiring Women in STEM Conferences