



# CAROLINE

CAROLINE ADAMS MILLER, MAPP

## Creating Your Best Life—In and Out of the Office: How Women Can Pursue Meaningful Goals and Live with No Regrets

Hidden talents. Unused strengths. Unrealized goals. Women are often so busy meeting everyone else's expectations that their own professional and personal goals get left behind. Unexpressed talents often make us restless and dissatisfied.

Now is your time to go for it! The happiest people wake up each day with clear, hard goals that provide meaning and purpose.

Goal setting expert Caroline Adams Miller, MAPP, inspires women to put their innate strengths to use. She encourages women to become their authentic, ideal selves—not just who they feel they “ought” to be—and provides proven techniques to help them reach their full potential.

Caroline shares stories of women from all over the world, whose actions, habits, mindset and grit fueled their amazing accomplishments. And she combines leading-edge research with storytelling that paints a picture of possibility. Female leaders are inspired to take positive risks, and have the passion, persistence, humility, and courage to achieve their toughest goals.

**In this fast-paced, energizing and research-based session, female leaders learn practical steps to create their best self in and out of the office, including how to:**

- Identify strengths to increase success.
- Use the new science-based approach to set goals to achieve the best outcomes.
- Develop a supportive “web of influence”—women helping women.
- Build a culture of positive energizers.
- Cultivate a mindset of self-efficacy, resilience, optimism, and grit.

Be someone who people tell inspiring stories about! After this stimulating session, you'll have the courage to create your best life. You'll be eager to reach beyond your comfort zone, achieve your goals, and become your best possible self!

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

**IDEAL AUDIENCE:** Women's meetings, conferences and forums. This program has been presented to women at: Brookings Executive Education, American Bar Association, U.S. Coast Guard, Impact Austin, Women@Google, Morgan Stanley, Ellevest/IFC World Bank, Harvard Law School, and more.

[www.CarolineMiller.com](http://www.CarolineMiller.com)

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## About Caroline

Caroline Adams Miller, MAPP, is one of the world's leading experts on the science behind successful goal setting and the use of 'good grit' to achieve hard things. For more than 30 years, she's been sharing her research-backed strategies to help people cultivate more grit and dig deeper to clarify and achieve their toughest goals. A Harvard graduate with a Masters in Applied Positive Psychology from the University of Pennsylvania, she has authored six books including *Creating Your Best Life* and *Getting Grit*, and teaches at Wharton Business School's Executive Education program. Her work has been featured in *The New York Times*, *The Washington Post*, *BBC*, *NPR*, and *CNN*.



## What Others Are Saying About Caroline...

*"Caroline exceeded all expectations today! She was simply compelling. Excellent presenter. Research-based. Even the skeptics liked her. We NEVER had a group that large stay in a meeting for two hours. Almost no one left."*

**Goulston & Storrs**

*"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 Women's Group**

*"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, Envestnet**

*"I personally loved everything you shared. By the end, I was incredibly inspired and motivated. These kind of talks for me are life changing. We also received great comments and feedback from all attendees."*

**Angie Coronel, Lead, Women@Google Mexico**

*"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 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."*

**Lauren Paver, Board Chair, IMPACT Austin**

*"Caroline's message couldn't have been more on point or inspiring. She challenged us to be intentional and proactive in all that we do – crafting goals that give life meaning; a life without regret. She changed lives at the event."*

**Sandy Wendler, Chair, Women's Leadership Committee, Greater McLean Chamber of Commerce**

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