



# CAROLINE

CAROLINE ADAMS MILLER, MAPP

## Getting Grit: Put Passion, Perseverance and Purpose to Work!

In times of greater complexity, ever-increasing regulation and competition, organizations need people who can weather these challenges and not just be productive—but actually thrive. People who are resilient in times of change. People who have GRIT.

Grit is passion and persistence in pursuit of long-term goals. Research confirms: Grit is the secret to success.

As company goals get more challenging every year, achieving them will take even more grit. But HOW do people become grittier?

Caroline Adams Miller, MAPP, is an expert on Positive Psychology and the foremost authority on how to apply the science of grit and achievement to our lives. Caroline shares timely examples, stories and research-based insights that your audience will put to use to reach their highest goals!

### After attending this energizing and inspiring talk, your audience will:

- Understand what grit is and why it's important.
- Recognize the difference between good and bad grit.
- Cultivate grit to help them stay resilient and persevere in the face of difficulties.
- Be inspired to stretch beyond their comfort zone.
- Create a culture of grit that encourages people to make their best efforts. (Leadership version)
- Spot grit in others and hire for grit. (Leadership version)

People with authentic grit have key traits that audiences learn from and want to emulate. Caroline shares the practical strategies that accelerate performance: defined purpose, hard goals, role models, team building, and more. This powerful talk inspires audiences to become grittier—and achieve big goals!

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

**IDEAL AUDIENCE:** All employees. Caroline also offers a leadership version of this topic. Specific audiences have included: business leaders; entrepreneurs; sales teams; multi-level marketing distributors; professionals such as lawyers, financial advisors, and accountants; and athletic groups.

## 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...

*"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!"*

**Angela Duckworth, Grit Researcher**

*"Caroline was an exceptional addition to our LEAD2017 conference and I'm so truly thankful to have been able to share her charismatic and inspirational keynote with our audience. She seamlessly engaged with everyone and left us all feeling inspired and more empowered to be better leaders in both our professional and personal lives"*

**Alannah Easby, Leader of LEAD, HR.com**

*"Caroline was a powerhouse at our 2016 leadership conference. She challenged us to put the 'awe' back into awesome and how to use grit to accomplish our hard goals. Her message of 'you can't keep what you don't give away' inspired bold sharing and deep conversation from the audience and has continued to resonate throughout the organization beyond conference."*

**Ali Fillmore, Development Manager, lululemon athletica**

*"Caroline's energy and expertise hit the mark... Caroline got my people excited about the agency they have around their own job satisfaction and happiness. Caroline's dynamism shines in the room without question, but her content shifts mindsets and helps make people an active participant in their professional experience. We are very grateful she shared her wisdom with our teams. Thank you, Caroline!"*

**Vivian Wexler, Vantage Partners**

*"Caroline did an incredible job! Her message "Grit: How to Get Things Done" was impactful. She had total command of the subject matter. Caroline had a cool way of speaking academically as well as using "hip" words and timely examples that everyone related to. We appreciated that she stuck around to sign books and mingle with our members long after her keynote."*

**Rory S. Coakley, President, Coakley Realty**

*"Caroline has inspired us and brought-in a powerful conversation about the way and the type of goals we set within the organization. Furthermore, the open reflection of our strengths and the practices to cultivate GRIT have sparked a new way of approaching the way we can lead our teams, have a real impact in every person through connecting with their purpose, and develop a mindset to have bigger and bolder goals for our organization."*

**Carlos Puyo, Corporate Director Leadership and Learning, Belcorp**

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