



# CAROLINE

CAROLINE ADAMS MILLER, MAPP

## The New Science of Goal Setting: How to Achieve Game-Changing Results

Goal-setting is a basic business fundamental. Everyone knows how. Or do they? Everyone uses metrics but the world is still full of missed goals, failed objectives, and tarnished brand names. That's because we've been using a goal-setting approach based on thin air, not science.

What could your team achieve by using a proven, research-based approach to setting and achieving goals? Effectively setting goals can leapfrog you ahead of your competitors. The right goals help you adapt more quickly to a changing environment and help ensure success in new markets.

Caroline Adams Miller is a renowned thought leader on the transformational power of setting the right goals at the right time. She studied the science behind successful goal setting at the University of Pennsylvania, where she received a Masters in Applied Positive Psychology. Caroline uses riveting storytelling, her infectious enthusiasm, and science-based techniques to empower your audience to set meaningful goals—and achieve them!

**In this fast-paced and energizing talk, your audience learns practical steps to improve their goal setting, including:**

- Build on a foundation of happiness; first we're happy, then we're successful.
- Practice the 6 Keys to Effective Goal Setting.
- Understand the difference between Learning Goals and Performance Goals; when to use each, and when to blend them.
- Use Primes and Prompts to set you up for success and avoid the most common mistakes that derail progress.
- Establish accountability and build a culture of positive energizers.

Goal setting is essential for maximizing human performance. People who implement these proven goal-setting processes achieve the greatest successes of their careers and game-changing results.

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

**IDEAL AUDIENCE:** Business leaders, sales managers, anyone who is required to create and accomplish goals in their job. Specific audiences have included: sales teams; multi-level marketing distributors; professionals such as lawyers, financial advisors, and accountants; athletic groups; and entrepreneurs.

## 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 Adams Miller delivered a complete Grand Slam at our healthcare company's corporate conference. If you are looking for a keynote speaker who adds value, integrates academic research into practical applications, and moves people to action and change, you can't do any better than enlisting Caroline and her topic on Goal Setting and Authentic Grit."*

**Dr. Larry Benz President/CEO Confluent Health**

*"Caroline's cutting-edge insights on Grit and Goal Setting are awesome, and so needed in the business world now!"*  
**Deb Giffen, Director of Executive Programs at The Wharton School, University of Pennsylvania**

*"Caroline's engaging and thought-provoking presentation left our team primed to set hard short and long-term goals, push themselves to learn more and get the absolute most out of our whole person wellness and self-leadership programs. Our team felt empowered, invigorated, inspired to embrace grit and Caroline's talk provided numerous light bulb moments I will remember forever. We are so grateful to have been able to share her knowledge and passion with our team."*

**Merika Brown, Culture & Engagement Manager, Swisse Wellness Pty Ltd**

*"Caroline's speech was elegant yet powerful, interesting and inspiring; the presentation certainly raised our attention to be more proactive toward life and inspire others to change!"*

**Elaine Chen, CTBC Holdings, Taiwan**

*"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**

*"In my 40 years in business, I have never left a presentation with the enthusiasm for both business and life as I did yesterday. She spoke to us for two hours and without exception, every one of my managers wished she could have stayed longer. All I can say is 'motivating, incredible and informative.'"*

**Marc S. Berman, President & CEO of Vector Technical**

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

**Manager: Michele Lucia/ADL Speaker Management, LLC • [michele@CarolineMiller.com](mailto:michele@CarolineMiller.com) • 214.543.0844**