



# CAROLINE

CAROLINE ADAMS MILLER, MAPP

## KEYNOTE DESCRIPTIONS

### [Bridging Grit, Resilience, and Happiness: A Revolutionary Approach to Game-Changing Results](#)

*"I don't know anybody who has thought more than Caroline Miller about how to apply the scientific research on grit and achievement to our own lives." – Dr. Angela Duckworth, Author of GRIT*

In these times of greater complexity, ever-increasing regulation, and stiff global competition, organizations need leaders who can successfully weather change. Old ways of measurement and motivation need to be replaced by cutting-edge and scientific approaches. While goal setting is a basic business fundamental, the timeline for reaching those goals has changed drastically, and time is no longer a luxury.

Resilient leaders know how to combine passion, persistence, and purpose to embody authentic grit. Authentic (AWE-thenic) grit awes and inspires others to become better people and imagine greater possibilities and, in turn, happiness for themselves. It's "the secret to success" because it is a necessary ingredient to accomplish long-term goals. Effectively setting goals can leapfrog you ahead of your competitors and arm you with a critical superpower that will spell the difference between success and failure.

Building on her revolutionary BRIDGE method (brainstorming, relationships, investments, decisions, grit, and excellence), Caroline shares her research on gender differences, resilience and grit, the impact of character strengths, goal-setting theory, and cultural differences. Implementing these principles empowers teams to have clear expectations, accurately measure progress, and provide the resources to accomplish successful outcomes.

What makes the keynote particularly compelling is Caroline's personal and timely stories that audiences can't help but relate to in very thought-compelling and intimate ways, which result in every individual thinking about the best way they can bridge their grit, resilience, and ultimate happiness.

#### **Key Takeaways include:**

- Understanding various ways grit can be used professionally and personally to increase resilience, create success, and lead with happiness.
- Developing practical strategies that support grit, such as defining purpose, developing "harmonious" passion, creating intrinsic motivation, and fostering a "growth" mindset
- Cultivating authentic grit to stay resilient in the face of change and challenges
- Establishing accountability and building a culture of positive energizers who encourage people to put forth their best efforts in a way that inspires others to do the same.

**Format:** 45–90-minute keynote. Half and full-day workshops are also available.

**Ideal Audience:** Business leaders, sales managers, and anyone 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.

For questions or information on booking Caroline, please contact:

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## When Women Win: Winning Strategies that Foster a World of Grit-Fueled Women

Can you relate to the “SHEcession” we hear so much about in the news lately? The pandemic has shined a spotlight on the fact that women leaders are busier than ever, meeting everyone else’s expectations and juggling multiple roles while their personal and professional goals have been left behind.

In one of her most popular presentations, Caroline inspires women leaders to become their most authentic, ideal selves. She provides proven techniques to help them flourish and cultivate the persistence, humility, and courage to achieve their toughest goals. She provides clever guidance on creating resilience and authentic “good” grit while avoiding the three types of “bad” grit that can destroy the office culture, especially for women.

Another life hack explored is how to cultivate a “believe and achieve” mindset to women’s “tend and befriend” behavior so women can learn to exult in each other’s successes and amplify each other’s ideas and efforts. The goal? Create a team of positive energizers, including men, who support women’s leadership and unique contributions to the workplace.

### **Key Takeaways include:**

Identifying and using their character strengths in positive ways to accomplish goals, thrive, and support others in doing the same.

Creating resilience and authentic grit – or “good grit” – while avoiding the three types of “bad grit” that can destroy the office culture.

Adding a “believe and achieve” mindset to women’s “tend and befriend” behavior so that women can learn to exult in each other’s successes and amplify each other’s ideas and efforts.

Using the new science-based approach and BRIDGE methodology to set the right goals for themselves, their organizations, and their teams for optimal outcomes.

**Format:** 45-90-minute keynote. Half and full-day workshops are also available.

**Ideal Audience:** Business leaders, sales managers, and anyone 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 Adams Miller, MAPP**

Caroline is a well-respected expert on Goals & Grit™ whose scientific approach to change fosters lasting success in organizations and individuals. She has spent 30+ years helping individuals, leaders, and companies learn and integrate the science of flourishing, grit, and goal accomplishment.

Caroline has a Masters of Applied Positive Psychology from the University of Pennsylvania. She graduated *magna cum laude* from Harvard University. Caroline is the author of eight books, including *Getting Grit*, *Creating Your Best Life*, and *My Name is Caroline*.

Caroline’s work has been featured worldwide in such outlets as NBC, CNN, BBC, The New York Times, The Washington Post, and Success magazine.



### **What Clients say about Caroline:**

*“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 delivered a complete grand slam at our healthcare company’s corporate conference. If you’re 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.”*

- Dr. Larry Benz, President/CEO, Confluent Health