

# Caroline Adams Miller, MAPP

## Goals & Grit™ Expert

Please contact a GDA agent for information.

## Topics

- Goal Setting
- Inspiration / Achievement
- Mental Health / Psychology
- TED-Talks
- Women's Empowerment

## About Caroline Adams Miller, MAPP

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 30+ years helping individuals, leaders and companies learn and integrate the science of goal accomplishment. Caroline has a Masters of Applied Psychology from the University of Pennsylvania and graduated *magna cum laude* from Harvard. She is the author of seven books, including *Getting Grit*, *Creating Your Best Life* and *My Name is Caroline*. Caroline's work has been featured around the world for decades in such outlets as CNN and BBC.

## SPEAKER

In her keynote presentations and workshops, Caroline blends personal experience, real life examples and cutting-edge research in positive psychology and related fields, to come up with practical applications that create fresh awareness of how to cultivate and maintain meaningful change. Caroline leaves her audiences with tangible takeaways and actions they can use to create their own happiness and success, and is known for identifying a new pathway – the BRIDGE method - to 21<sup>st</sup> century goal accomplishment that updates older approaches with fresh research on gender, leadership, humility, negotiations and group support, among other important topics.

Caroline's TEDx Talk "The Moments That Make Champions" explores the three things that we can choose to do differently to improve our chances of developing grit.

Caroline has worked with clients around the world including: Morgan Stanley, lululemon, The Wharton School/UPENN, RE/MAX, Booz Allen, the American Bankers Association, Young Presidents' Organization, Harvard Law School, and Swisse Wellness.

## AUTHOR

Caroline is the author of seven books, including the bestselling [My Name is Caroline](#) (Doubleday 1988), which was an Alternate Selection of the Literary Guild, and [Positively Caroline](#) (Cogent 2013), its sequel. [Creating Your Best Life](#) (Sterling 2009/2021), is the first mass market self-help book on the science of happiness and how it intersects with the science of accomplishing goals. It is popular in the mass market and is also used as a textbook in numerous coaching and Positive Psychology classes around the world. The "father of Positive Psychology," Martin Seligman, lauded Caroline's scholarship in his book *Flourish*, noting that she had "added a major missing piece to the world of coaching" because of her ground-breaking and evidence-based connection between Positive Psychology and success. Her workbook, [Your Happiest Life](#), is a four-week guide to help users learn how to set and accomplish goals in a step-by-step way through science-based activities and proven techniques. [Getting Grit](#) (Sounds True 2017) discusses why the character strength grit is so important to a flourishing life, who has it, and how to cultivate, amplify, and teach it. Her newest book, *Umoja Warrior Tribes* (2021) is a how-to guide for women on how to create and benefit from a mastermind group.

*Live Happy Magazine* named *Creating Your Best Life* one of the top 10 goal setting books ever published and *Getting Grit* one of the 10 books that would change your life in 2017. Caroline's books have been translated into German, Korean, Spanish, Chinese, Japanese and Italian.

Caroline has been a chapter contributor to a number of books including *Full Lives*, *Thriving Women*, *Thriving World* and a French psychology textbook.

## MEDIA PERSONALITY

Caroline's work has been featured in hundreds of magazines, newspapers and other media around the world including *BBC World News*, *The New York*



*Times, The Washington Post, NBC, NPR, and CNN.* She was the first Positive Psychology expert to bring coaching and happiness to satellite radio via XM with her “Positive Tip of the Day.”

## PROFESSIONAL COACH

For over two decades, Caroline has coached hundreds of individuals, from senior executives to professional athletes, and parents to politicians on how to identify their character strengths, get more grit and achieve their goals. She is a Professional Certified Coach (PCC) through the International Coach Federation. In 2015, Caroline was named “[one of the 10 Positive Psychology coaches to follow](#).” She is often selected to coach CEOs and their senior leadership on leadership skills including goal setting, character strengths in the workplace and motivation.

## EDUCATOR

Caroline is a popular presenter in the University of Pennsylvania’s Wharton Business School Executive Education program. She was an adjunct lecturer in Positive Psychology and coaching at NYU’s School of Continuing and Professional Studies, and at the University of Texas-Dallas School of Management for almost a decade. She facilitates webinars and training for dozens of organizations, including the [VIA Institute on Character](#) about well-being, productivity, grit, and success. Caroline was one of the first happiness experts to join and advise [Happify](#), the premier digital platform offering evidence-based resilience solutions for employers and health plans.

## EDUCATION

Caroline has a Masters of Applied Psychology from the University of Pennsylvania and graduated *magna cum laude* from Harvard.

She is a top-ranked Masters Swimmer in multiple events, has a black belt in Hapkido and has more than three decades of unbroken recovery from bulimia.

## Select Keynotes

### • The BRIDGE to Goal Success - A Revolutionary Approach to Game-Changing Results

Goal setting is a basic business fundamental. Everyone knows how. Or do they? What could your organization achieve by using a proven, research-based approach to setting and achieving 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. In fact, one recent survey found that the most resilient organizations during crises are those that have clear expectations, ways to measure progress, and the resources to accomplish them.

The pandemic created upheavals in our businesses. Old ways of measurement and motivation, like SMART goals and OKRs, need to be replaced by cutting-edge and scientific approaches.

Caroline Miller’s revolutionary BRIDGE method does that by including research on gender differences, resilience and grit, the impact of character strengths, goal setting theory, happiness, psychological safety, cultural and language differences, and much more.

In this fast-paced and thought-provoking program, you’ll learn to:

- ◆ Use the new BRIDGE methodology – brainstorming, relationships, investments, decisions, grit and excellence – to improve your pursuit of goal accomplishment and establish more effective pathways to success
- ◆ Understand the difference between learning goals and performance goals from Locke & Latham’s goal setting theory – when to use each to achieve goals and avoid business catastrophes
- ◆ Identify each individual’s top character strengths so that they know when they are at their best and most likely to succeed
- ◆ Understand the components of “good grit,” including how to cultivate it, hire for it, and create a contagious environment
- ◆ Establish accountability and build a culture of positive energizers
- ◆ Apply the research on prompts and primes to instill habits that save time, money and energy

**FORMAT:** 45-90 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.

### • Cultivating Grit and Resilience - Harnessing Passion, Perseverance and Purpose for Success

In these times of greater complexity, ever-increasing regulation and stiff global competition, organizations need leaders who can weather change and be resilient. Resilient leaders know how to combine passion, persistence and purpose to embody authentic grit. Authentic grit awes and inspires others to become better people and imagine greater possibilities for themselves. Authentic grit is “the secret to success” because it is a necessary ingredient to accomplish long-term goals. If you want to learn how to cultivate authentic grit within yourself and your teams or need to motivate your team to accomplish long-term goals, this session is for your organization.

Caroline has focused on how to apply Dr. Angela Duckworth's grit research in pioneering ways to help individuals, teams and organizations hire for passion, perseverance, purpose, resiliency, and authentic grit. In this presentation, Caroline shares timely examples, stories and research-based insights that your audience can use immediately to:

- ✦ Cultivate authentic grit to stay resilient in the face of change and challenges
- ✦ Recognize the difference between good and bad grit and how good grit evokes "the authentic effect" in others
- ✦ Develop practical strategies that support grit, such as defining purpose, developing "harmonious" passion, creating intrinsic motivation, and fostering a "growth" mindset
- ✦ Create a culture of grit that encourages people to put forth their best efforts in a way that inspires others to do the same

#### • **When Women Win - Leadership Strategies that Foster a World of Gritty Women**

Can you relate to the "shecession" we hear so much about in the news lately? Women leaders are busier than ever meeting everyone else's expectations and juggling multiple roles in their lives. And, disappointedly, their professional and personal goals have gotten left behind according to global experts on gender equality. Also, new research finds many of the leadership strategies that have been practiced for decades don't actually work as well for women as they do for most men. Women must learn the right tools and knowledge so they can be effective and inspirational, and maximize the chances that they will be rewarded for their success.

In one of her most popular presentations, Caroline Adams Miller, MAPP inspires women leaders to become their most authentic, ideal selves - not just who they feel they "ought" to be - and provides proven techniques to help them flourish and cultivate the passion, persistence, humility, and courage to achieve their toughest goals at home and work as the leaders they are meant to be.

#### **In this session, female leaders learn to flourish in and out of the office, including how to:**

- ✦ Identify and use their character strengths in positive ways to accomplish goals, thrive, and support others in doing the same
- ✦ Create resilience and authentic grit - or "good grit" - while avoiding the three types of "bad grit" that can destroy the office culture
- ✦ Add 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
- ✦ Use the new science-based approach and BRIDGE methodology to set the right goals for themselves, their organizations and their teams for optimal outcomes
- ✦ Cultivate a team of positive energizers, including men, who support women's leadership and unique contributions to the workplace
- ✦ Understand why "ampliship" is the most important addition to common practices of mentorship and sponsorship because of its ability to reduce stereotype threat and add positive behavioral accountability
- ✦ Form a mastermind group of givers who foster conditions of psychological safety, exploratory risk-taking and positive social identity

#### • **How to Cultivate Grit in Schools... And Put the "Awe" Back in Awesome**

Although the word "awesome" is thrown around a lot in today's society, experts say that we have become "awe-deprived" in recent years due to cheating scandals in sports and business, and overall lowered standards for excellence. The millennial generation, however, was raised with abundant praise, leading to concerns that when their performance reviews aren't "awesome" they feel discouragement and demotivation. Easy goals and low standards for excellence can actually prevent people from becoming awesome. According to the most current research, when people are truly awe-inspired by extraordinary behavior and events, they are profoundly impacted, and are more likely to work hard, be hopeful, and be kind to others. Grit is also an essential element in being awesome, and specific character strengths that undergird gritty behavior can be cultivated to support becoming one's best self. Using research and stories of gritty people, Caroline weaves together a variety of information that leaves "Gen Z" students, parents, and teachers understanding the importance of hard goals, gritty behavior, and why inspiration is a necessary ingredient in a flourishing life.

#### **Select Book Titles**

- **2019:** Thriving Women Thriving World: An invitation to Dialogue, Healing, and Inspired Actions
- **2017:** Getting Grit - the Evidence Based Approach to Cultivating Passion, Perseverance and Purpose
- **2013:** Positively Caroline: How I Beat Bulimia For Good ... and Found Real Happiness
- **2011:** Creating Your Best Life: The Ultimate Life List Guide
- **1994:** Bright Words for Dark Days
- **1991:** Feeding the Soul: Daily Meditations for Recovering from Eating Disorders
- **1988:** My Name Is Caroline

## Select Testimonials

Caroline broke down the timeless need to set goals into actionable steps and our webinar participants loved it. She is a truly polished speaker, who makes her craft seem effortless because she engages listeners so easily. I walked away from her presentation ready to take on the new year and motivated to set and achieve goals!

— Abby Frackenpohl, Happify

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

Thank you SO much for that amazing presentation!! It blew our expectations out of the water!! The team's emails, Slack messages and phones have been blowing up from the moment you started speaking. The Blizzard community is feeling incredibly energized, motivated and gained a new perspective within that short time period. I can not wait to see your teachings and methods come into play each day here on campus.

— Courtney Parker, Sr. Project Mgr., Blizzard Entertainment

Caroline's cutting-edge insights on Grit and Goal Setting are awesome, and so needed in the business world now!

— Deb Giffen, Director, The Wharton School, University of Pennsylvania

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— Deb Giffen, Director of Executive Programs at The Wharton School, University of Pennsylvania

"I do not know anyone 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

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 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 is the perfect combination of research knowledge and a practical approach to positive psychology. All the class was thrilled!!!!

— Enrique Tames, Head of the Institute of Wellbeing and Happiness, Universidad Tecmilenio

"Caroline's message and evidence-based tools provided our membership the support it needs during an extremely difficult time. We loved having her present through Zoom webinar – it was an excellent delivery tool to disseminate her message in an efficient manner."

— Gregory K McDonough, Blackburn Capital and President EO, DC

"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 Miller 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. Thank you Caroline, for teaching us about Grit and showing us that we can all inspire change.

— *LEAD 2017, HR.com*

Caroline Miller has been Vector's Executive Coach for several months now, which has completely altered the dynamic of our entire office. Because of that success, we contracted with her to address our senior management team on the topics of positive psychology and "grit". 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*

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*

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, 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*

Quit or Grit? Caroline's presentation to the membership of the Human Resources Leadership Forum of Washington, DC provided a unique and thought-provoking point of view about the relationship between goal-setting, achievement and behavioral change. Caroline's ability to provide topical research and evidence, as well as relevant, real-world examples to her audience, is compelling. I encourage all leaders to follow her and take her Authentic Grit Challenge.

— *Shant Markarian, Managing Director, Lee Hecht Harrison*