



**Caroline Miller** 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, actionable strategies to help people cultivate more grit and dig deeper to clarify and achieve their toughest goals.

Achieving hard goals is one of the most rewarding things we can do in both our personal and professional lives.

#### **SPEAKER**

Caroline Miller spoke to the employees of Swisse Wellness in March 2017 at their Melbourne, Australia headquarters

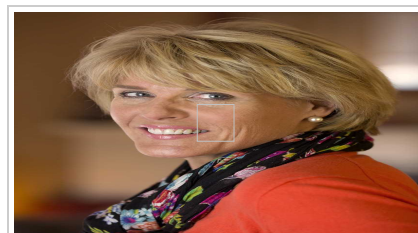
In her keynote presentations and workshops, Caroline blends her personal experience, real-life timely examples, and the latest research in the field of positive psychology, to come up with practical applications that allow for maximum transformation, growth and flourishing in people's lives. Caroline leaves her audiences with tangible takeaways and actions they can use to create their own happiness and success.

Angela Duckworth, winner of the 2013 MacArthur Genius grant for her research on grit, said of 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!" Caroline takes Angela Duckworth's research on grit a step further by distinguishing between good and bad grit - not all grit is created equal. In Caroline's latest book *Getting Grit*, she describes four types of 'Good Grit' - Mt. Rushmore grit, Mt. Olympus grit, Celebrity grit, and Ordinary grit - and three types of 'Bad Grit' - Faux grit, Selfie grit, and Stupid grit. Caroline defines Authentic ('Good') Grit as "the passionate pursuit of hard goals that awes and inspires others to become b...

#### **Caroline Adams Miller**

#### **Speech Topics**

- Personal Growth
- Motivation
- Coaching / Mentoring



## **Testimonials**

Caroline Adams Miller spoke as my closing keynote at the She Leads 2018 Conference and she was nothing short of specular. I wish that I had more time - half a day, a full day - to provide her expertise and her content to my audience of women entrepreneurs and leaders in NYC. Caroline was a shining star. Her talk was real. It was engaging. It was genuine and it was smart. And the other thing that I was extremely impressed with as a conference producer is that Caroline showed up at the beginning of the day, and her keynote was not until the end of the day. And Caroline participated in the She Leads Conference from the minute that she stepped through the doors until the very very end. She truly is a super star. If you were looking for someone to make an impact for your audience, please consider Caroline as a keynote and opening keynote speaker. She really has a unique gift and way to set the tone. She speaks from the heart. Yet she is super direct, super giving and she tells it likes it is. You need to hire Caroline because she will impact your audience in a very positive incredible way.

**- CEO of She Leads Media.**

From start to finish we were absolutely impressed with Caroline Adams Miller and her team! Caroline not only customized her presentation to meet the needs

of our audience, she also went above and beyond helping us get the message out prior to our conference. Her delivery was passionate and practical. Our conference attendees (both parents and educational professionals) are still raving that Caroline was the best public speaker they ever heard. Her team was responsive, thorough and efficient from beginning to end - an absolute pleasure to work with! □

- Director of Admissions and Outreach, Fusion Academy.

---