



KEYNOTES & WORKSHOPS

Caroline Adams Miller, MAPP

Science-Based Goal Setting: How to Achieve Unparalleled Success

In today's fast-paced business environment, goal setting is a fundamental skill. But are your goals as effective as they could be? Despite the widespread use of metrics, many organizations still grapple with unmet goals, failed objectives, and damaged reputations. This is often due to outdated, unscientific approaches to goal setting.

Imagine what your team could achieve with a research-backed method for setting and achieving goals. Effective goal setting can propel your organization ahead of competitors, facilitate swift adaptation to change, and ensure success in new markets.

Caroline Adams Miller, MAPP, a leading goal-setting authority, explores the science behind successful goal achievement. With a Masters in Applied Positive Psychology from the University of Pennsylvania, Caroline blends compelling storytelling, infectious enthusiasm, and evidence-based techniques to empower leaders and teams to set and achieve impactful goals.

Key Takeaways

In this dynamic and energizing session, leaders and teams will gain practical strategies to elevate their goal-setting capabilities, including:

- **Building on a Foundation of Happiness:** Learn why happiness is a precursor to success.
- **The 6 Keys to Effective Goal Setting:** Master essential techniques for setting powerful goals.
- **Learning Goals vs. Performance Goals:** Understand when and how to use each type for maximum impact.
- **Using Primes and Prompts:** Implement tools to set up for success and avoid common pitfalls.
- **Establishing Accountability:** Create a culture of positive reinforcement and support.

Goal setting is crucial for maximizing performance. Leaders and teams who adopt these science-based processes achieve remarkable successes and drive game-changing results.

Create Your Best Life – How Leaders Can Pursue Meaningful Goals and Live with No Regret

Hidden talents, unused strengths, unrealized goals—many professionals today are often so busy meeting everyone else's expectations that their own career and personal aspirations get left behind. This can lead to a sense of restlessness and dissatisfaction.

Now is your time to take action! The happiest and most successful individuals wake up daily with clear, challenging goals that provide meaning and purpose. You have the power to set these goals and the ability to achieve them, putting you in control of your own success.

Goal-setting expert Caroline Adams Miller, MAPP, empowers leaders to leverage their innate strengths. She encourages them to become their authentic, ideal selves—not just who they feel they “ought” to be—and provides proven techniques to help them reach their full potential.

Caroline shares inspiring stories of people worldwide whose actions, habits, mindsets, and grit have fueled their remarkable achievements. By combining cutting-edge research with storytelling, she paints a vivid picture of possibility. Leaders are inspired to take positive risks and embrace the passion, persistence, humility, and courage needed to achieve their toughest goals.

In this dynamic, energizing, and research-based session, leaders will learn practical steps to create their best selves both in and out of the workplace, including how to:

- **Identify strengths** to enhance success.
- Use a science-based approach to **set and achieve optimal goals**.
- Develop a **supportive “web of influence”**
- Build a **culture of positive energizers**.
- Cultivate a **mindset of self-efficacy, resilience, optimism, and grit**.

Be the person others tell inspiring stories about! After this stimulating session, you'll have the courage to create your best life. You'll be eager to step beyond your comfort zone, achieve your goals, and become your best possible self.

Thrive: Unleash the Power of Grit

In today's fast-paced and ever-evolving business landscape, organizations need individuals who can not only handle challenges but thrive amidst them. These resilient individuals possess GRIT—passion and persistence in pursuing long-term goals. Research confirms that grit is a crucial ingredient for success.

Caroline Adams Miller, MAPP, is a leading expert in Positive Psychology and the foremost authority on applying the science of grit and achievement. Through engaging examples, compelling stories, and research-based insights, Caroline equips your workforce with the tools they need to reach their highest goals.

In this dynamic and inspiring session, you will discover how to:

- **Understand the Essence of Grit:** Gain a clear understanding of grit and why it's vital for success.
- **Distinguish Between Good and Bad Grit:** Learn to identify and cultivate the right kind of grit.
- **Develop Resilience:** Cultivate grit to remain resilient and persevere through challenges.
- **Push Beyond Comfort Zones:** Be inspired to stretch personal and professional boundaries.
- **Foster a Culture of Grit (Leadership Focus):** Create an environment that encourages and sustains grit.
- **Identify and Recruit for Grit (Leadership Focus):** Recognize and hire individuals who embody authentic grit.

People with authentic grit possess key traits that inspire others and drive performance. Caroline shares practical strategies to accelerate performance, including defining purpose, setting hard goals, finding role models, and team building. This powerful talk will motivate your audience to develop their grit and achieve extraordinary goals.

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 today's world of increasing complexity, stringent regulations, and fierce global competition, organizations need leaders who can navigate and thrive amidst change. Traditional methods of measurement and motivation must be replaced with cutting-edge, scientifically-backed strategies. While goal-setting remains a business fundamental, the timeline for achieving goals has drastically shortened, making efficiency and effectiveness more critical than ever.

Resilient leaders blend passion, persistence, and purpose to embody authentic (AWE-thentic) grit. This type of grit not only drives personal success but also inspires and motivates others. Authentic grit is essential for achieving long-term goals and propelling your organization ahead of the competition.

Caroline Adams Miller's revolutionary BRIDGE method (Brainstorming, Relationships, Investments, Decisions, Grit, and Excellence) integrates research on gender differences, resilience, grit, character strengths, goal-setting theory, and cultural variations. By implementing these principles, teams can set clear expectations, measure progress accurately, and utilize the necessary resources to achieve successful outcomes.

Caroline's keynote is distinguished by her personal and timely stories that resonate deeply with audiences. These narratives inspire individuals to think critically about how they can bridge their own grit, resilience, and happiness, leading to personal and professional growth.

Key Takeaways

In this transformative session, attendees will learn to:

- **Leverage Grit for Success:** Understand how to use grit both professionally and personally to boost resilience, create success, and lead with happiness.
- **Develop Practical Strategies:** Implement strategies to support grit, such as defining purpose, developing "harmonious" passion, fostering intrinsic motivation, and nurturing a growth mindset.
- **Cultivate Authentic Grit:** Stay resilient in the face of change and challenges by developing authentic grit.
- **Build a Culture of Positive Energizers:** Establish accountability and create a culture where positive energizers inspire everyone to put forth their best efforts and motivate others to do the same.

Empower your team to embrace grit, resilience, and happiness for unprecedented success.