

## **Caroline Adams Miller - Introduction**

In today's fast-paced and ever-changing world, pursuing a fulfilling and purpose-driven life is more relevant than ever. Research shows that people who thrive are those who wake up with meaningful goals and the determination to see them through. Our speaker today is an expert in this area. She was one of the first in the world to earn a Master's degree in Applied Positive Psychology from the University of Pennsylvania. She has authored nine bestselling books, including *Big Goals*, *Creating Your Best Life*, *Getting Grit*, and *My Name is Caroline*, which have been translated into multiple languages and widely featured in media outlets like the BBC, Good News Network, and The New York Times. As an executive coach to top leaders and teams globally, Caroline Miller brings a cutting-edge, evidence-based approach to goal-setting and flourishing. Pioneers like Dr. Martin Seligman and Angela Duckworth have acknowledged her contributions to the field of positive psychology, hailing her as a leading voice in cultivating grit. A magna cum laude graduate of Harvard, Caroline is also a top-ranked Masters Swimmer, a black belt martial artist, and a dedicated family woman. Please join me in giving a warm welcome to Caroline Adams Miller!