

Caroline

Global Speaker | Executive Coach | Best-Selling Author | Media Host



“Caroline is a gifted speaker - from her gracious nature to her high-energy stage presence, she engages her audience from the get-go and provides real value with relevant and relatable content.”

- Ruth Stergiou, CEO Invent Your Future Enterprises

Caroline Dowd-Higgins is a powerhouse speaker who will get your audience engaged, inspired, and ready to activate. Award winning Your Working Life podcast host, best-selling author, and celebrated TEDXWomen speaker, Caroline facilitates keynotes, training, and break-out sessions with customized content designed for your event needs. If you need a high-energy spokesperson to elevate your brand, bring Caroline in as an event Emcee to lead captivating from-the-stage announcing for your program from start to finish.

Inquire about a fabulous custom speech or program for your group.



Leadership

Leadership Lessons from Wise Women – savvy insight every leader must know.

Kick Imposter Syndrome in the Ass – own your self-confidence and play to your strengths all the time.

Become a Transformational Leader and Discover Your WHY – infuse meaning and purpose into your life and career.

Career Advancement and Talent Retention

Recharge and Reignite Your Life and Career – renew your vision, values, and purpose to up your game.

Thrive Where You Are – action steps to optimize your career in your organization now.

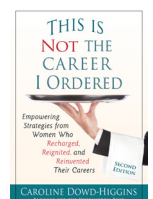
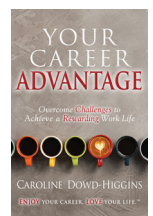
Future-Proof Your Workplace and Retain Top Talent – techniques to recruit, grow, and keep your best people.

Workplace Culture and Wellness

You Can't Yoga Your Way Out of Burnout – action steps for workplace wellbeing.

Play to Your Strengths for Authentic Engagement – optimize your career impact and satisfaction.

Enjoy Your Career and Love Your Life – become a high achiever with a fulfilling life.



BOOK CAROLINE

Email caroline@carolinedowdhiggins.com | Nationwide by arrangement | <https://carolinedowdhiggins.com>

“Caroline delivers excellent content in a smart, witty, and captivating way. She is high energy, informative, and motivating while delivering teachable moments with advice and action steps to empower the participants in their professional pursuits.”

Tom Shurig, Senior Director Cook Medical.