

# Caroline

Speaker | Author | Media Host | Executive Coach

With a focus on unlocking the self-advocate within you, **Caroline Dowd-Higgins** has a desire to empower and energize people to achieve their personal goals.

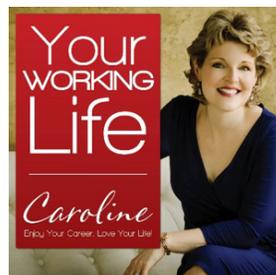


**A** powerhouse coach, author, speaker, and media host, Caroline specializes in the career reinvention and empowerment of women. Her coaching style is positive, high energy, engaging, and relevant to people at any point in their professional lives. Caroline brings 20 years of experience in career development and executive coaching.

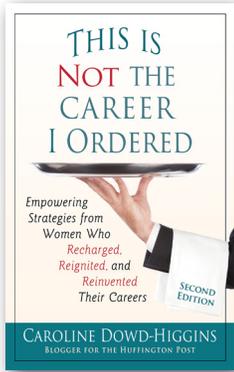
She authored the book and maintains the blog, *This Is Not the Career I Ordered™* (now in the 2nd edition) which showcases her savvy professional development advice and women who are thriving after a career transition. An official blogger for the Huffington Post, Caroline focuses on career and professional development topics and pens a monthly career column for The Chronicle newspaper in Indiana. She is also a regular

contributor to Ellevate Network and Thrive Global.

Her work is distributed internationally and reaches millions via social media. Caroline is a sought-after talk radio and TV guest for career-themed broadcasts. Her international podcast, *Your Working Life* features interviews with influencers and thought leaders such as Guy Kawasaki, Gail Sheehy, and Sallie Krawcheck and is available on iTunes and her [website](#).



Caroline's goal is to empower women, so it's unsurprising that her book, *This Is Not the Career I Ordered: Empowering Strategies From Women Who Recharged, Reignited, and Reinvented Their Careers™*, focuses on women who have experienced a



career transition and reinvented themselves in the job world. The book is told through the lens of amazing women who have reignited their careers – including Caroline, who speaks from experience about her emotional career transition journey. Chock full of empowering, energizing, and motivating action steps to help you find a career with meaning, her book themes make for powerful workshops and keynote presentations.

Caroline's video series on YouTube shares practical and pithy Pro-Tips about career empowerment, lifestyle, and wellness for women. The wildly useful and seriously fun content is shared globally through social media.



“Caroline was fantastic, a very talented speaker. I got the most practical tips to take away and she was completely engaging and authentic. I loved her session... really captivating and entertaining. How could you not leave feeling empowered after that?”

*Kelly Shue, Associate Manager – Bases Product Leadership - The Nielsen Company*

“Thank you for your preparation and delivery of a session that energized our audience into thinking of ways they can transform their personal brands and become leaders of change. Lead on!”

*Catherine U Foley, Strategic Learning Portfolio Manager of Global Leadership Development - Eli Lilly and Company*

“Career success in the second decade of the 21st century belongs to those who courageously move beyond the boundaries of their comfort zones toward exploration of possibilities. Dowd-Higgins masterfully weaves together anecdotes of women who have done precisely this with solid tools and tips for parlaying who you are into what you can become.”

*Lois P. Frankel, Ph.D., author of Nice Girls Don't Get the Corner Office*

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INVEST IN WOMEN

CBS  
RADIO

## Sought-After Speaking Topics

- Become The CEO of Your Career
- Professional Brand and Why You Need One
- Leadership Lessons from Wise Women
- Recharge, Reignite, and Reinvent Your Career
- Overcome the Imposter Syndrome and Embrace Self-Confidence
- Thrive Where You Are
- Executive Presence and Professional Poise
- Succeed in a Multi-Generational Workplace
- Design Your Career Destiny
- Action Steps for Career Reinvention
- Monetize Your Passion
- Become an Engaged Employee

And many more

## Coaching

As a certified Marshall Goldsmith Stakeholder-Centered Executive Coach, Caroline believes great things happen when you find your mojo and work to keep it alive. She is a certified Gallup Strengths Coach™ and licensed to interpret both the Myers-Briggs Type Indicator™ and Strong Interest Inventory™ assessment tools.

Working with a coach will help you explore the interface between your strengths, the needs of your organization, your satisfaction, and help you identify high impact solutions customized for your needs.

Enjoy Your Career. Love Your Life!®

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