

SPEAKER PACKAGE

CAROLINE DOWD-HIGGINS



Top Speaker - Leading Company
Culture, Certified Executive Coach,
Award-Winning Podcast Host,
Best-Selling Author



Caroline Dowd-Higgins

Enjoy Your Career. Love Your Life!

SHORT BIO

TITLE: Top Speaker - Leading Company Culture, Certified Executive Coach, Award-Winning Podcast Host, Best-Selling Author

AT A GLANCE:

Caroline Dowd-Higgins is passionate about unlocking the art-of-the-possible in her work with individuals and organizations as a dynamic speaker, a certified executive coach, a best-selling author, and sought-after talent development consultant. Her new best-selling book, "Your Career Advantage: Overcome Challenges to Achieve a Rewarding Work Life" is empowering people to enjoy their careers and love their lives. She is a Top Leadership Development Voice for LinkedIn and hosts the award winning podcast, Your Working Life with listeners in 34 countries. Caroline is proud to be a certified Minority Women's Business Enterprise and is accredited by the Better Business Bureau. Her celebrated TEDxWomen talk about reframing failure is available on YouTube. Follow her on Facebook, LinkedIn, and X.



CAROLINE DOWD-HIGGINS

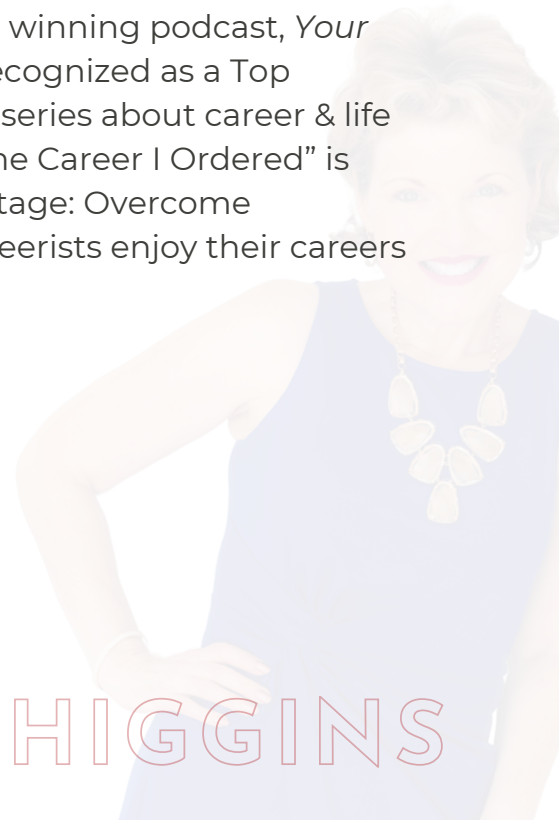
FULL BIO

Caroline Dowd-Higgins is passionate about helping individuals and organizations successfully adapt to today's complex, ambiguous, and high-velocity work environments. Her speaking, coaching, and consulting, helps organizations to become more collaborative, creative, entrepreneurial, and agile.

As a former professional opera singer and executive leader, Caroline knows how to navigate the challenges and opportunities in the competitive international marketplace. Certified by the International Coaching Federation, Caroline has also trained in Design Thinking, Positive Intelligence, and Creating Inclusive Cultures. She is a global expert in leading company culture and specializes in helping leaders design a future path to optimize strengths, magnify influence, and pursue work that is meaningful and rewarding.

Caroline is ardent about unlocking the art-of-the-possible and her engaging and inspiring style helps people and organizations navigate change, overcome challenges, and elevate strengths so they can thrive. With tested tools and resources, Caroline creates sustainable work cultures that boost productivity, retention, and growth while honoring worker wellbeing at organizations such as Lilly, Salesforce, BAIRD, Deloitte, Sanofi, Rolls Royce, and Goodwill International.

A sought-after public speaker presenting to global audiences, her TEDxWomen talk about reframing failure and defining success on your own terms has been celebrated as a must-watch resource. Caroline hosts the 3-time award winning podcast, *Your Working Life* with listeners in 34 countries. She has been recognized as a Top Leadership Development Voice for LinkedIn and her video series about career & life empowerment is on YouTube. Her first book, "This Is Not The Career I Ordered" is followed by her new best-selling book, "Your Career Advantage: Overcome Challenges to Achieve a Rewarding Work Life", helping careerists enjoy their careers and love their lives.



CAROLINE DOWD-HIGGINS

KEYNOTE TOPICS

Banish Career Burnout, Boost Productivity, and Live a Life of Vitality!

Burnout, exhaustion, and overwhelm are causing a human energy crisis in workplaces around the world. There is a revolving door of talent, and companies are struggling to recruit and retain employees to reach their business goals while losing millions of dollars in increased healthcare costs and talent acquisition efforts. The World Health Organization has defined burnout as a workplace issue, not a self-care issue. It's time to disrupt the status quo to design an innovative workplace that honors wellbeing and productivity because you can't afford to be left behind.

Caroline will demystify how to banish burnout and boost productivity, so you can begin the shift to living a life of vitality. Discover how to create a healthy and sustainable workplace with engaged employees to honor productivity and wellbeing, so your business prospers, and your people can thrive. With actionable insight and resources, Caroline will empower you to create a workplace that is highly sought-after by employees and customers, so people can do their best work, and you can reach your industry goals. Everyone deserves to enjoy their career and love their life.

Audience Takeaways:

- Learn how to live a well-integrated life that boosts career productivity and wellbeing.
- Understand the different types of rest and why they are an investment in your wellbeing and your work.
- Discern how the power of the pause increases your energy and creative problem solving.
- Discover how Achievement Intelligence honors the humans and the bottom line.
- Learn how to rediscover play as a path to connection and creativity.
- Embrace the mindset shift to transform your company into a sought-after and high functioning workplace where top talent wants to work.



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KEYNOTE TOPICS

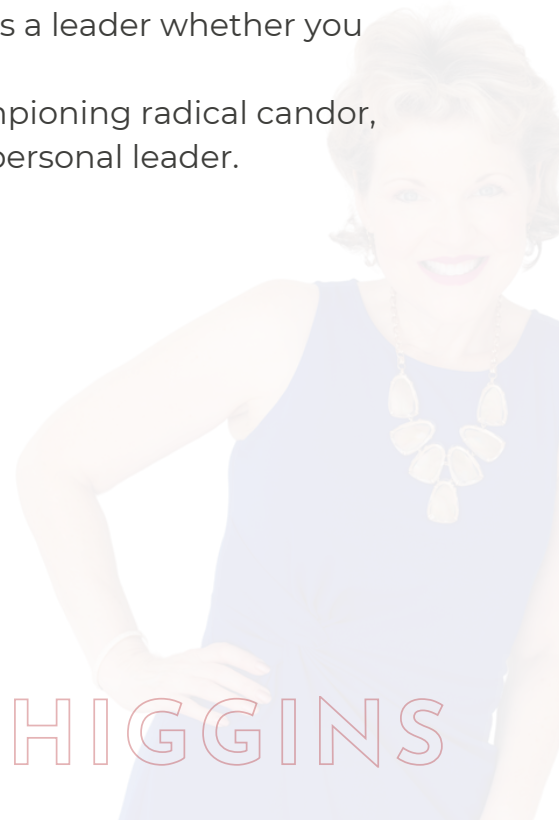
Leading Beyond the Ego and Empowering Greatness

Leadership has changed dramatically from the military style of command and control to a stakeholder centered approach for the modern workplace. The world-of-work is fraught with constant change, stress, and overwhelm and leaders are tasked with engaging teams, setting strategy, and ensuring profitability and the bottom line. Generational differences are causing a rub, and inflated egos lead to under-performing work cultures.

After interviewing hundreds of leaders around the world for her best-selling books, and her award-winning podcast, learn from Caroline what distinguishes exceptional leaders. From emotional intelligence, cognitive diversity, and resilience and recovery, discover transpersonal leadership and how it will empower great work for all from entry level to the C-Suite. Hone your transpersonal leadership skills, so you can tap your authenticity and empower others to thrive because leadership makes or breaks success and culture in every organization.

Audience Takeaways:

- Learn what it takes to lead from entry level to the C-Suite and how you can put your best leadership foot forward to role model the way for others.
- Harness the power of transpersonal leadership for workplaces that honor wellbeing and productivity.
- Unlock creativity, innovation, and a coaching mindset as a leader whether you hold the official title or not.
- Achieve next-level success by embracing change, championing radical candor, and setting your organization up for success as a transpersonal leader.



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KEYNOTE TOPICS

Recharge and Reignite Your Career to Thrive Where You Are Now

Gallup reports 70% of workers are not engaged or playing to their strengths, causing a revolving door of talent that destroys productivity, morale, and the bottom line. Take action to optimize and own your career now. Discovering the “sweet spot” where your strengths and your organization’s demands overlap requires a willingness to commit to growth and professional development. Thrive Where You Are focuses on actionable tactics to empower you to own your career and prosper. Discover how to recharge, reignite, and reinvent your career in your current organization, so you can enjoy your career and love your life.

Audience Takeaways:

- Overcome your self-generated obstacles and move forward now.
- Recognize the unique challenges that come with each career stage and how to manage them.
- To thine own self be true...honor your values, interests, personality, and strengths.
- Find the sweet spot — where your passion and your organization’s needs merge.
- Refresh and reintroduce yourself to your colleagues to dust off your professional story and showcase your value-add.
- Leverage your influence—master strategies that will enable you to effect change and be seen and heard as you optimize your emotional intelligence.
- Polish your professional presence—to be considered a promotable player in your organization.

PHOTOS

(Click to Download)



CAROLINE DOWD-HIGGINS

VIDEOS



[TEDX: WATCH HERE](#)



[WORK WITH CAROLINE:](#)
[WATCH HERE](#)

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TESTIMONIALS

“Without question, Caroline is one of the best speakers I have ever seen. She has the kind of star power that draws her audience members in and engages them deeply with the messages she’s conveying. As a former opera singer, Caroline knows how to deliver a performance, yet what truly sets her apart is the relatability and accessibility she conveys while delivering a powerful message. On stage in front of crowds of all sizes, Caroline delivers and inspires. Most impressively, though, she does so with a perfect combination of confidence and warmth—delighting her audiences and leaving a lasting impression that resonates long after an event is over.” - **Dana Cummings, Founder and Principal, DSC Consulting**

“Caroline is a gifted speaker and consistently receives the highest evaluations from our audiences at Invent Your Future events. From her gracious nature to her high energy stage presence, she engages her audience from the get-go and provides real value with her thoroughly researched and relevant content. Her presentation skills top notch with great warmth, wit, and compassion.” - **Ruth Stergiou, CEO, Invent Your Future Enterprises**

“Caroline Dowd-Higgins has a dynamic message that plays successfully across all platforms. As careerists seek to improve their lives, they look for information that is inspiring, accessible, and easy to integrate. Dowd-Higgins produces content that truly satisfies those needs. Whether reading her posts over coffee, listening to her podcasts in the car, or watching a keynote at an event, her message fits easily into the ever-flowing rhythms and changing visions of our lives.” - **Shelley Spencer, Vice President, Original Content WTTW/PBS Chicago**

“Caroline’s keynote changed the conversation about how we address burnout in the workplace. She left our employees feeling inspired, energized, and engaged. If your organization is looking for a dynamic and thought-provoking speaker, Caroline Dowd-Higgins is the right decision!” - **Kate Pangallo, Global Talent Development Senior Consultant, Elanco**

“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 on their professional career journey.” - **Tom Shurig, Senior Director, Cook Medical**

CAROLINE DOWD-HIGGINS



STAGE INTRO

Caroline Dowd-Higgins believes **Banishing Burnout** will **Ignite Productivity** and **Unleash Potential** in your organization. A former executive leader, Caroline designed and implemented innovative talent and professional development ventures in organizations for 20 years.

Her podcast, *Your Working Life* reaches 1 million listeners in 34 countries and her bestselling books empower individuals thrive in life and career. A former professional opera singer, she knows her way around a stage and delights in speaking with audiences around the world. She has a slight obsession red licorice and she and her husband are the proud parents of rescue Walker Hounds, Spencer and Brody.

Ladies and gentlemen...Caroline Dowd-Higgins.



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AV REQUIREMENTS

Presentation Delivery:

1. Primary Option: Caroline prefers to arrive with her presentation on a thumb drive, as she customizes content for each event.
2. Secondary Option: The presentation can be sent in advance upon client request.

Technical Needs:

- Slide Control: A Perfect Cue system (or equivalent) for Caroline to control slides directly.
- Microphone: A wireless lavalier microphone connected to a professional audio system.
- A/V Check: Caroline requires an A/V check at least 30 minutes before taking the stage.

Stage Preferences:

- Confidence Monitor: Strongly prefers at least one confidence monitor.
- Podium: Caroline prefers no podium on stage. If one is required, please position it toward the back, allowing her to move freely in front of it.
- Water: A bottle of water should be available on stage.

Audience Arrangement:

- Seating: Caroline's programs are highly interactive. Please try to fill the seats in the front for optimal energy and engagement.

