

SPEAKER PACKAGE

CAROLINE DOWD-HIGGINS



**Top Company Culture and Peak
Performance Speaker, Certified
Executive Coach, Award-Winning
Podcast Host, Best-Selling Author**



Caroline Dowd-Higgins

Enjoy Your Career. Love Your Life!

SHORT BIO

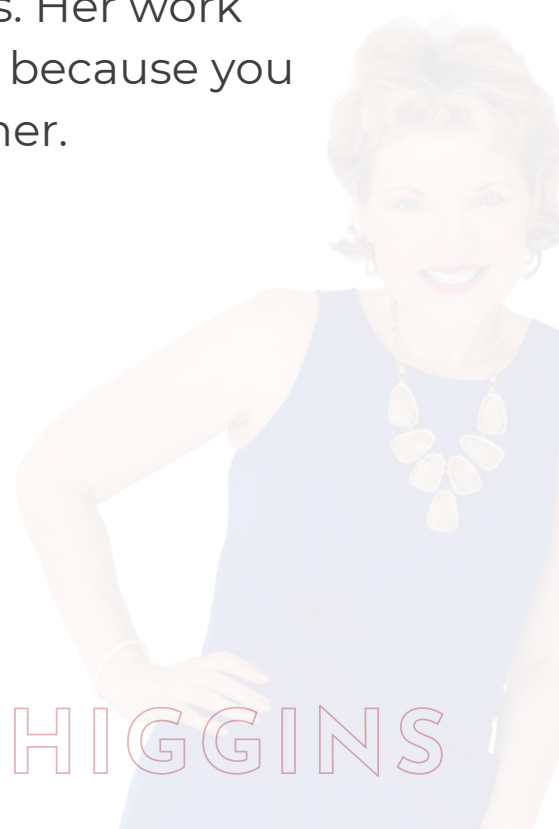
TITLE: Top Company Culture and Peak Performance Speaker, Certified Executive Coach, Award-Winning Podcast Host, Best-Selling Author

AT A GLANCE:

Former executive leader, now founder and CEO of an international consulting firm, Caroline Dowd-Higgins is on a mission to empower leaders and organizations to **redesign work culture to honor humanity and profitability**. As a burnout survivor she is committed to turning burnout into brilliance to **enhance peak performance and productivity**. Caroline is a sought-after keynote speaker, a certified executive coach, TEDx speaker, bestselling author of “Your Career Advantage”, and global podcast host of *Your Working Life* with listeners in 34 countries. Her work empowers you to thrive in life and career, because you shouldn’t have to choose one over the other.

<https://carolinedowdhiggins.com/>

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CAROLINE DOWD-HIGGINS

FULL BIO

Caroline Dowd-Higgins works with leaders and organizations to successfully adapt to complex, ambiguous, and high-velocity work environments. Her speaking, coaching, and consulting, **helps organizations to become more collaborative, entrepreneurial, and agile without sacrificing wellbeing.**

As a former 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 talent development and peak performance** and works with leaders to **optimize strengths, magnify influence**, and pursue work that is meaningful and rewarding.

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, Caroline has been recognized as a **Top Leadership Development Voice by LinkedIn**. Caroline hosts the 3-time **award winning podcast, Your Working Life with listeners in 34 countries** and her best-selling book, “Your Career Advantage: Overcome Challenges to Achieve a Rewarding Work Life”, is helping professionals enjoy their careers and love their lives.

CAROLINE DOWD-HIGGINS

KEYNOTE TOPICS

Burnout to Brilliance: Unleash Peak Performance, Profitability, and Wellbeing

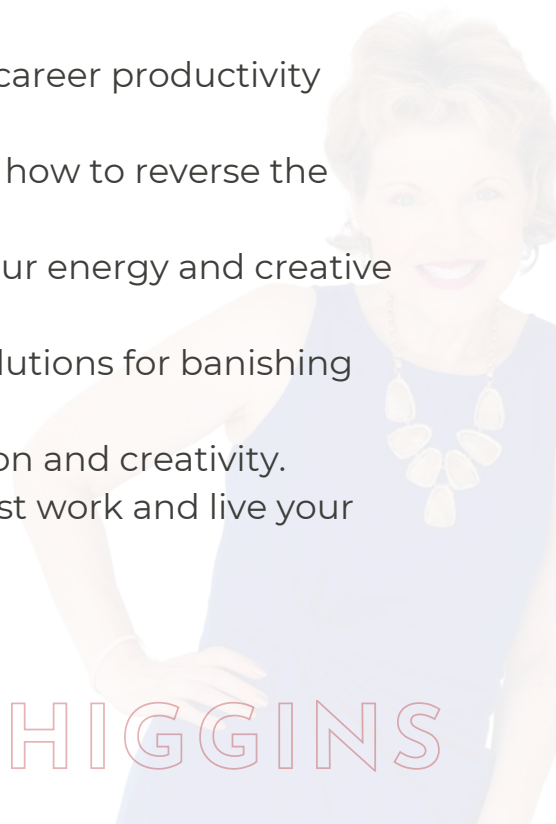
Burnout, exhaustion, and overwhelm are causing a human energy crisis in workplaces around the world. There is a revolving door of talent, and companies are struggling to recruit and retain employees to reach their business goals while losing trillions of dollars in increased healthcare costs and talent 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 Dowd-Higgins will demystify how to banish burnout to create a healthy and profitable workplace to honor peak performance and wellbeing, so your business prospers, and your people can thrive. With actionable insight and resources, you will discover how 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 at the same time.

Audience Takeaways:

- Learn how to live a well-integrated life that boosts career productivity and wellbeing.
- Discover why burnout is not good for business and how to reverse the human energy crisis and boost profitability.
- Discern how the power of white space increases your energy and creative problem solving.
- Embrace experimentation to test drive practical solutions for banishing burnout.
- Rediscover the power of play as a path to connection and creativity.
- Reclaim your power and your energy to do your best work and live your best life.

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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.



CAROLINE DOWD-HIGGINS

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



SIZZLE: WATCH HERE



TEDX: WATCH HERE

CAROLINE DOWD-HIGGINS

TESTIMONIALS

“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 P., Head of Global Talent at Elanco*

“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. Her message fits easily into the ever-flowing rhythms and changing visions of our lives.” - *Shelley S, Vice President, Original Content WTTW/PBS Chicago*

“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 S., Senior Director, Cook Medical*

“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. Caroline knows how to deliver a keynote, 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 and compositions, Caroline Dowd-Higgins 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 C, Founder and Principal DSC Consulting*

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STAGE INTRO

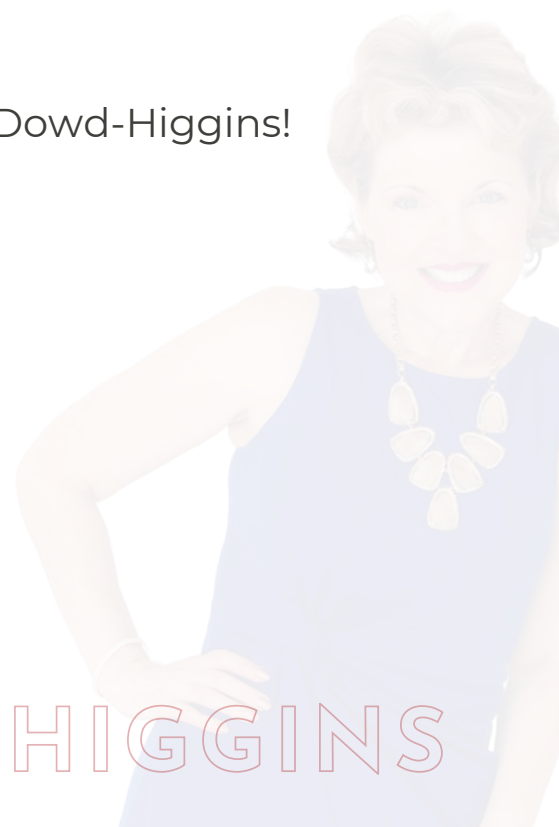
NOTE: CAROLINE is pronounced “Caro – LINE (not Lynn) rhymes with FINE

Our speaker today has many titles: dynamic keynote speaker, certified executive coach, workplace wellbeing and peak performance expert, best-selling author, global podcaster, and dog mom to rescue Walker Hounds, Spencer and Brody.

A former executive leader, she designed and implemented innovative talent and professional development ventures in organizations for 20 years. Caroline is now proud to be a certified Women’s Business Enterprise in her own company.

She is on a mission to empower you to thrive in life and career, which is why she’s here today.

Please give a big, warm welcome to... Caroline Dowd-Higgins!



CAROLINE DOWD-HIGGINS

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.