

# 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.



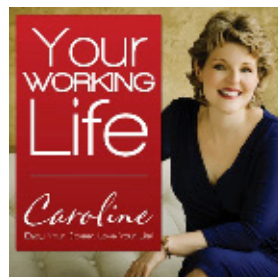
**A** powerhouse executive coach, author, and media host, Caroline will inspire you to action. Her style is high energy and engaging and focuses on how to increase influence, magnify impact, and design a culture that honors workplace wellbeing to empower individuals to thrive.

Caroline brings 20 years of experience in career development, public speaking, and executive coaching. Her TEDxWOMEN talk about reframing failure and defining success on your own terms is available on [YouTube](#).

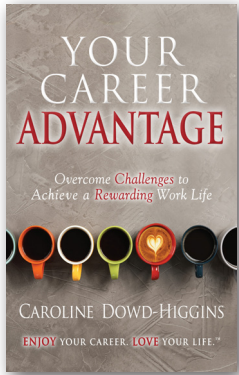
She authored the best-selling books, *Your Career Advantage: Overcome Challenges to Achieve a Rewarding Work Life* and *This Is Not the Career I Ordered*,

now in the second edition and translated into Chinese.

Caroline specializes in empowering career and professional development topics and pens a globally subscribed newsletter for LinkedIn. Her content is distributed internationally and reaches millions via social media, and she is a sought-after talk radio and TV guest for career-themed broadcasts.



Her award-winning podcast, *Your Working Life* features interviews with influencers and thought leaders such as Whitney Johnson and Marcus Buckingham and is available on all major podcast platforms and her [website](#).



Caroline's goal is to empower individuals as they navigate their unique career journey. Her new book, *Your Career Advantage: Overcome Challenges to Achieve a Rewarding Work Life*, is like having Caroline as your personal executive coach. She guides you through relatable workplace scenarios and shows you how to own your power and tackle the challenges, so you can enjoy your career and love your life at the same time.

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. The wildly useful and seriously fun content is shared globally through social media.



## Sought-After Speaking Topics

### Leadership

Leadership Lessons from Wise Women  
Kick Imposter Syndrome in the Ass  
Become a Transformational Leader and Discover Your WHY

Thrive Where You Are  
Future-Proof Your Workplace and Retain Top Talent

### Workplace Culture and Wellness

You Can't Yoga Your Way Out of Burnout  
Play to Your Strengths for Authentic Engagement

### Career Advancement & Talent Retention

Recharge & Reignite Your Life and Career  
Enjoy Your Career and Love Your Life

**Additional topics customized for unique your needs...**

## Executive and Group Coaching

Certified by the International Coaching Federation, Caroline is also certified as a LeaderShape Transpersonal Executive Coach, a Marshall Goldsmith Stakeholder Centered Executive Coach, and a Gallup Strengths Coach. She has additional training in Design Thinking, Shared Equity Leadership, Mitigating Bias, and Creating Inclusive Cultures and equips professionals to lead beyond the ego in a multi-generational and ethically sensitive world.

Executive Coaching 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. Using statistically valid career assessments and 360 feedback tools, Caroline helps you self-actualize to better understand who you want to be.

Group coaching is a powerful and affordable way to improve the performance and skills of teams in your organization. Team sessions address retention, engagement, leadership skills development, and talent alignment within the culture and context of your organization.



“Caroline Dowd-Higgins has a dynamic message that plays successfully across all platforms. As women 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 her YouTube channel over lunch, Dowd-Higgins' message fits easily into the ever-flowing rhythms and changing visions of women's lives.”

*Shelley Spencer, Vice President, Original Content WTTW/PBS Chicago*

“Caroline's keynote changed the conversation around women and the workplace. The topics were like hitting a nail directly on the head and left our employees feeling inspired, energized, and engaged. My favorite part was the participation of the men in the room. The topics were relative for men and women alike. If your company or organization is looking for a dynamic and thought-provoking speaker, Caroline Dowd Higgins is the right decision!”

*Kate Pangallo, Senior Director, Talent/Strategic Partnerships Indianapolis Chamber of Commerce*

**Enjoy Your Career.  
Love Your Life!**

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