



**Angela Duckworth**



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**#1 New York Times best-selling author of Grit:  
The Power of Passion and Perseverance.**

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*"Our potential is one thing. What we do with it is quite another."*

– Angela Duckworth, *Grit: The Power of Passion and Perseverance*

After taking a job teaching math to seventh graders in a NY public school, Angela Duckworth, Co-Founder and Scientific Director at the Character Lab and a Professor of Psychology at the University of Pennsylvania, realized that IQ was not necessarily what was separating successful students from those students who struggled in her classroom. But rather, the distinguishing characteristic was "grit," which she describes as the drive to pursue one's long term goals despite setbacks along the way. Join this session to understand the enormous potential grit has to transform our lives and how we can use psychological science to help children thrive.