
MARK A. CAMPBELL

Be at your best
when it matters most.



CAREER HIGHLIGHTS

- Internationally known for work in sport and performance psychology
- Selected to travel to the 2004 Athens Paralympic Games to perform in a medical role
- Performance consultant for a music magazine in Nashville for several years, helping young artists develop and thrive
- Master Trainer for Army Performance Psychology and Resilience Program
- First Director of Mental Conditioning for the Washington Nationals, serving players and coaches
- Recognized as a mindfulness practitioner, helping individuals create awareness and enhance performances across all domains of their lives

EDUCATION

Ph.D. | Health Promotion and Wellness
Rocky Mount University | Expected 2019

M.S. | Sport and Exercise Psychology
University of Tennessee

B.S. | Exercise Science / Sports Medicine
University of West Florida

B.A. | English & Communications
Florida State University

FOLLOW ME

 @campbellperformance

 @cpsmindset

 <https://www.linkedin.com/in/mark-a-campbell-a1931a34/>

Described as a “One-man Think Tank,” Mark works with individuals and organizations on how to enhance performances, Mark strives to impact change in all areas of one’s life. His bold goal for Campbell Performance is to help build a world in which we can all learn to create the type of life we dream about.

Mark shares his unique blend of holistic education, application and experience with audiences all over the country. He is nationally known for his work in the field of performance psychology, specifically with different types of adversity. His diverse background affords him the ability to help audiences see the world through many lenses. Mark has worked with elite athletes at every level of competition, in both sports medicine and performance psychology capacities. He extends his expertise beyond sport, working with top performers from all fields.

Mark spent almost a decade working with the US Army’s Comprehensive Soldier and Family Fitness (CSF2) team as the Master Trainer for the Warrior in Transition Command (WTC) mission, serving all US Army wounded/ill/injured Soldiers, their Families and Cadre. He acted as the lead on all WTC-related curricula and as a Liaison to the Command. Mark also served as a wellness/performance consultant to the US Army, providing classes and workshops to Soldiers, Senior Leaders and caregivers, participating in several committees and initiatives. He served as the Director of Mental Training for the Army Adaptive Recondition Program, to include the Warrior Games, which utilizes mental skills to optimize adaptive sport performances. He also served as the Senior Subject Matter Expert for the Military Adaptive Sports Program at the Office of the Secretary of Defense.

Mark is beginning his fourth season as the Director of Mental Conditioning for the Nationals, serving the players and coaches on the Major League team, as well as in the Player Development system. He brings his extensive experience to the Nationals, helping to enhance mental and emotional performances on and off the field. Campbell is also a member of the Professional Baseball Performance Psychology Group (PBPPG).

He holds a Bachelor of Arts (English & Communications, Florida State University), Bachelor of Science (Exercise Science/Sports Medicine, University of West Florida), and a Master’s degree (Sport and Exercise Psychology, University of Tennessee). He is currently completing his Ph.D. in Health Promotion and Wellness from Rocky Mountain University of Health Professions. Mark’s passion lies in helping individuals learn to perform holistically, at an optimal level in all domains of their lives.