

MARK A. CAMPBELL

Be at your best
when it matters most.



CAREER HIGHLIGHTS

- Member of 2019 World Series Champion Washington Nationals Baseball Club
- Recognized as a mindfulness practitioner, helping individuals create awareness and enhance performances across all domains of their lives
- Contributing author/adversity expert for mindful.org
- Performance consultant for a music magazine in Nashville for several years, helping young artists develop and thrive
- Lead for all Department of Defense Military Adaptive Sports Program
- Master Trainer for Army Performance Psychology and Resilience Program
- Served in an International medical team role for the 2004 Athens Paralympic Games

EDUCATION

Ph.D. | Health Promotion and Wellness
Rocky Mount University | Expected 2021

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

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

Described as a “One-man Think Tank,” Mark works with individuals and organizations to enhance mental and emotional performances. Mark uses his background in wellness, mindfulness, and performance psychology to impact change in all areas of life. His bold goal for Campbell Performance is to help build a world where 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 worldwide. He is internationally known for his work in 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 performance psychology and resilience program as the Master Trainer/Content Developer 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 as well as the 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, for all Service Branches, at the Office of the Secretary of Defense. He was a lead planner for events such as the Warrior Games, and Prince Harry’s Invictus Games. Mark also worked with military and government leads, from 14 Allied nations, to develop transition programs for their wounded warrior populations.

Mark is in his fifth season as the Director of Mental Conditioning for the World Champion Washington 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, at an optimal level in all domains of their lives.

To learn more visit:
www.campbell-performance.com

