

# 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](http://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

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,” Dr. Mark A. Campbell works with individuals and organizations to enhance performances in all areas of life. Mark uses his background in exercise science, sports medicine, wellness, mindfulness, and performance psychology to create lasting change. His bold goal for Campbell Performance is to help build a world where we can all learn to create the type of life we desire.

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 helping performers manage 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 sports medicine and performance psychology capacities. He extends his expertise beyond sport, working with top performers from all fields. Mark is a sought-after speaker and consultant widely known for delivering dynamic presentations and Keynote speeches to a diverse list of audiences worldwide. He works to help them understand, embrace, and maximize their inner elite performer. Through a variety of delivery techniques, Mark shares his own unique experiences, as well as those of the amazing individuals he has been fortunate to serve along his journey. Mark reinvigorates and challenges audiences to push their performances to maximum personal and team potential, whether in the office, on stage, on a playing field, or in daily life. These services can be tailored to your team, group, or organization and delivered in-person and/or virtually.

Mark spent almost a decade working with the US Army’s performance psychology and resilience program as the Master Trainer/Lead for the Warrior 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 while participating in several committees and initiatives. He served as the Director of Mental Training for the Army Adaptive Recondition Program, including the Warrior Games, utilizing mental skills to optimize adaptive sport performances. He then 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. Mark 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 wellness-based transition programs for their wounded warrior populations.

Mark spent five years as the Director of Mental Conditioning for the 2019 World Series Champion Washington Nationals Baseball Club. He served players, coaches, and staff on the Major League team and throughout the Player Development system. Mark focused on enhancing mental and emotional performances on and off the field holistically. He 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 of Science (Sport and Exercise Psychology, University of Tennessee), and a Ph.D. in Health Promotion and Wellness (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. He is a Certified Wellness Practitioner (CWP) through the National Wellness Institute.

To learn more visit:  
[www.campbell-performance.com](http://www.campbell-performance.com)

