

# MARK A. CAMPBELL

Be at your best  
when it matters most.



## CAREER HIGHLIGHTS

- Senior Fellow for Healthcare and Ability, National Wellness Institute
- 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)
- 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 help 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 allows him to help others see the world through many lenses. Mark has worked with elite athletes in sports medicine and performance psychology at every level of competition. He extends his expertise beyond sports, 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 diverse audiences worldwide. He works to help them understand, embrace, and maximize their inner elite performer. Through various delivery techniques, Mark shares his unique experiences and 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 or virtually.

Mark spent almost a decade working as a lead for the US Army's performance psychology and resilience program serving as the Master Trainer/Lead for the Warrior Transition Command (WTC) mission, focusing on all US Army wounded/ill/injured soldiers, their families, and cadre. He acted as the lead on all WTC-related curricula and 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 Army Surgeon General 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 sports performances. He was then asked to serve 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 performance and wellness-based 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 holistically enhancing mental and emotional performances on and off the field while also serving as a member of the Professional Baseball Performance Psychology Group (PBPPG).

He holds a Bachelor of Arts (English & Communications, Florida State University), a 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 optimally in all domains of their lives. He is a Certified Wellness Practitioner (CWP) and Certified Workplace Wellness Specialist (CWWS) through the National Wellness Institute. He also serves as the Senior Fellow for Healthcare and Ability for the Institute.

Mark is also the Founder/President of Nature of Wellness; a company focused on helping individuals and organizations embrace the natural world as a primary source of health and well-being. He hosts the Nature of Wellness podcast, which acts as a mouthpiece for evidence-based work to support these efforts.

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

