

MARK A. CAMPBELL

WELLNESS + PERFORMANCE AUTHORITY



PROFESSIONAL HIGHLIGHTS

- Executive Officer on Wellness Council of America Board and IFEBP Wellness Advisory Committee
- Senior Fellow for Healthcare and Ability, National Wellness Institute
- Member of 2019 World Series Champion Washington Nationals Baseball Club Medical Staff
- Contributing author/adversity expert for mindful.org
- TedX Speaker

EDUCATION

Ph.D. | Health Promotion and Wellness
Rocky Mountain 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

CONNECT WITH ME

✉ mark@campbell-performance.com



Dr. Mark A. Campbell works at “the intersection of Elite Performance and High-Level Wellness,” and is internationally known for his work in the performance psychology and wellness fields. He is a sought-after speaker, facilitator, professor, advisor, and consultant, sharing his unique brand of holistic education, application, and experiences with audiences worldwide. He uses his background in exercise science, sports medicine, mindfulness, performance psychology and wellness to help create unique programming to promote lasting change. His bold goal is to help legitimize the field of wellness, while removing the stigma and boundaries that limit our growth.

Mark has worked with elite athletes in sports medicine, performance psychology, and wellness capacities at every level of competition. He extends his expertise beyond sports, working with top performers from all fields. Through various delivery techniques, he 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, the battlefield, or in daily life.

Mark has developed, delivered, and/or led performance and wellness-based programming for the US Army, the Department of Defense, and 14 other national militaries/governments. He was a lead planner for events such as the Warrior Games and Invictus Games at the Office of the Secretary of Defense. He served as the Director of Mental Conditioning for the Washington Nationals Baseball Club for six seasons, including the 2019 World series championship team. He now works through his personal consulting company, serving elite performers of all types.

In 2022, Mark saw the need for a better understanding of how nature impacts health and well-being. He started Nature of Wellness™, along with the NOW™ Podcast (see current show statistics below) to act as a mouthpiece for the evidence-based work being done. He delivered more than a dozen keynotes in 2023, showcasing his work with NOW™. He is currently finishing his Association of Nature and Forest Therapy Guide certification.

Mark is a trusted leader in the wellness community. He has served as a member of the board, and a Senior Fellow for the National Wellness Institute. He currently serves as an executive officer on the Wellness Council of America Board, and the International Foundation of employee Benefit Plans Wellness Advisory Committee. He is a board-certified health and wellness coach, a Certified Wellness Practitioner, and Certified Workplace Wellness Specialist. In 2023 he keynoted both the National Wellness Conference and WELCOA Summit, speaking about nature’s impact on health and well-being.

**Be at your best
when it matters most.**