

MARK BLACK

HELPING YOU THRIVE IN CHALLENGING TIMES

INTRODUCTION

Our speaker today was only 24 when he found himself lying in a hospital bed clinging to life, praying for a life-saving heart and double-lung transplant.

Three short years later, Mark became the only man in the world to complete a marathon with someone else's heart and lungs.

He has spoken to more than 150,000 people around the world, and his book and coaching programs have helped thousands more.

Mark doesn't just run marathons.
He also runs errands for his wife.
He sometimes runs late.
He occasionally runs wild.
And mostly he runs after his three kids.

Here today to help us build resilience so we can
Thrive in Challenging Times
please join me in welcoming
Speaker, Author... and Coffee Addict

Mark Black!