

# MARK BLACK

HELPING YOU THRIVE IN CHALLENGING TIMES

## BIOGRAPHY

Mark Black is a Heart and Double-Lung Transplant Recipient – turned – 4- Time Marathon Runner. A resilience expert, coach, and author, Mark helps people “Thrive in Challenging Times.” His programs provide the tools to transform your adversity into your advantage.

Mark doesn’t just teach resilience, he embodies it. Born with a life-threatening heart defect, Mark underwent two open-heart surgeries before the age of one. He battled his condition and its limitations for twenty-two years until he was forced to deal with the biggest obstacle of his young life. His doctor informed him that his heart was failing, and without a rare and dangerous heart and double-lung transplant, he would not see his 25th birthday.

In 2002, Mark was fortunate that a suitable donor was found. He not only survived the surgery, but less than 3 years later, Mark became the only man in history to run a marathon with someone else’s heart and lungs.

Mark is now a Certified Speaking Professional, a designation held by less than 1000 speakers in the world. He has inspired more than 150,000 people in more than 450 presentations, and has worked with global brands including Exxon Mobil and Mercedes Benz, as well as many national and regional associations.

Mark lives in Moncton, New Brunswick, Canada where he spends as much time as possible with the most important people in his life; his wife Marise and their three children.