



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 100,000 people in more than 400 presentations. 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 aged 9, 6 and 1.

Here today to help us build resilience to break through our

Thrive in Challenging Times

please join me in welcoming

Speaker, Author... and Coffee Addict

Mark Black!