



MARK BLACK
HELPING ORGANIZATIONS DEVELOP RADICAL RESILIENCE

BIOGRAPHY

Mark Black is a Heart and Double-Lung Transplant Recipient – turned – 4-Time Marathon Runner. A resilience expert and life strategy coach, Mark helps people “Stop Complaining and Start Celebrating”. His program, “The Resilience Roadmap”, provides the tools to transform your adversity into your competitive advantage.

Mark is a Certified Speaking Professional, a designation earned by less than 10% of all professional speakers. He has inspired more than 100,000 people in more than 350 presentations, and his book “Live Life from the Heart” has touched the lives of thousands more.

Mark’s online training program “Your Best Year Yet” is an excellent way to extend the impact of his message and help your people to apply the strategies he shares. You can learn more about the program at: YourBestYearYet.ca

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 quite successfully, but at 23 yrs old, Mark was suddenly faced with the biggest challenge of his life. His doctor informed him that his heart was failing badly and that without a rare and dangerous heart and double-lung transplant, he would not likely see his 25th birthday.

At 23 Mark found himself living in a hospital, waiting for a life-saving transplant. Three years later, after receiving his second chance at life, he was running marathons.

Since receiving his second chance at life Mark hasn’t wasted a moment. 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 children Emma and Matteo.