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Dr. Mark A. Campbell is an internationally renowned authority in performance psychology and wellness, with a career marked by impactful contributions across elite sports, the military, healthcare, and beyond. Mark developed, delivered, and/or led performance and wellness-based programming for the U.S. Army, the Department of Defense, and 14 other national militaries/governments. He has worked with athletes at all levels of competition, including serving as the director of mental conditioning for a World Series championship MLB team. Passionate about blending science, mindfulness, and nature, he founded the Nature of Wellness™ company and podcast to advocate for nature's role in health and wellness. Mark's dedication to advancing wellness is evident in his numerous leadership roles, keynote presentations, and pioneering efforts to promote sustainable health and performance strategies. He has been a contributing author to Nashville's *Fringe Magazine*, *Mindful.org*, and *Mindfulleader.Org*, and his work has been highlighted in *The Washington Post* and other media outlets. Mark is the Chairman of the Wellness Alliance Board of Directors and the International Foundation of Employee Benefit Plans Wellness Advisory Committee. He is an adjunct professor of integrative therapies, a Board-Certified Health and Wellness Coach, and a Certified Nature and Forest Therapy Guide. Mark is a published poet and writer of both fiction and non-fiction.