- **Stage intro**

Twenty years ago, Mark Mohammadpour led communications teams for global brands like Adobe, Microsoft, and the U.S. Army. He also weighed 350 pounds. He was breaking chairs in restaurants and was afraid to go to the doctor.

Then he lost 150 pounds, and he has kept it off for more than a decade.

That second chance became his mission. Today, as founder of Chasing the Sun, Mark helps leaders build healthy, confident, and connected teams.

Fair warning: Mark shares the microphone with the room. So get ready to talk.

A proud Pacific Northwest native, Mark will chat with you all day about soccer, his favorite Peloton instructors and Molly, his labradoodle and official Chief Joy Officer.

Please welcome to the stage,
Mark Mohammadpour!



Say it like this
moh-HAM-ad-poor

For your host
About 45 seconds read aloud. Mark is happy to tailor it for your audience.

Healthy teams are wealthy teams.

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