

Speaker kit

Mark Mohammadpour

Keynote speaker on building healthy teams and founder of Chasing the Sun

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Book Mark
mark@chasingthesunpdx.com

Call
1-360-609-1077



Mark Mohammadpour

Keynote speaker on building healthy teams and founder of Chasing the Sun

Pronounced moh-HAM-ad-poor

Mark helps leaders build healthy, confident, and connected teams.

A former communications executive who led teams and strategy for global brands like Adobe, Microsoft, and the U.S. Army, Mark lost 150 pounds and has kept it off for more than a decade.

In his Leadership Keynote Conversations™, he shares the microphone with the room. He interviews your people before the event, so their own words show up on the screen. Every person leaves with one move to make on Monday.

99%
of attendees found it valuable

100%
of clients would book Mark again

Source: Talkadot audience and client feedback

• Watch Mark's reel

Healthy teams are wealthy teams.

mark@chasingthesunpdx.com
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Keynotes for every part of a healthy team

Each one comes as a Keynote Conversation™ or a stage keynote.



• Healthy

A Thousand Tuesdays: What Healthy Leadership Looks Like

Your team takes its cues from you. This talk helps you give steady ones.



• Confident

Why You're on This Team: Where Every Role Counts

When people know why they matter, they speak up sooner and help more.



• Connected

The Other Chair: Leading with Empathy and Compassion

Teams get closer when each person sits where someone else sits.

Keep the change going

The Horizon Offsite
A half day to 2 days, ending with the development of a team charter.

Follow-up trainings
Three per pillar, so the work keeps going after the event.

Three-Point Impact™
A keynote, offsite and training, booked as one program.

Credentials

- Accredited in Public Relations (APR) and PRSA Fellow
- More than 200,000 people reached
- 30-time award-winning communications executive
- SHRM Recertification Provider

Trusted by

UnitedHealthcare · PRSA · Gallagher · Weber Shandwick · Mutual of Omaha · amazon · SHRM · University of Oregon · Holland America Line · Autodesk · NTA National Tour Association · nspra National School Public Relations Association · NAHB National Association of Home Builders · America's Credit Unions · MPI · the Incredible Egg

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- Bios

Bios to copy and paste

Use the one that fits your program. Please keep the names and ™ marks as written. Mark's name is said moh-HAM-ad-poor.

Short

49 words

Mark Mohammadpour is a keynote speaker on building healthy teams and founder of Chasing the Sun. In his Leadership Keynote Conversations™, he shares the microphone with the room. A former communications executive for global brands, Mark lost 150 pounds and has kept it off for more than a decade.

Medium

91 words

Mark Mohammadpour is a keynote speaker on building healthy teams and founder of Chasing the Sun. He helps leaders build healthy, confident, and connected teams.

A former communications executive who led teams and strategy for global brands like Adobe, Microsoft, and the U.S. Army, Mark lost 150 pounds and has kept it off for more than a decade.

In his Leadership Keynote Conversations™, he shares the microphone with the room. Every person leaves with one move to make on Monday. Mark is Accredited in Public Relations (APR) and a PRSA Fellow.

Long

240 words

Mark Mohammadpour is a keynote speaker on building healthy teams and founder of Chasing the Sun. He helps leaders build healthy, confident, and connected teams, because healthy teams are wealthy teams.

A former communications executive who led teams and strategy for global brands like Adobe, Microsoft, and the U.S. Army, Mark lost 150 pounds and has kept it off for more than a decade. It happened one small step at a time. He believes teams change the same way.

As a 30-time award-winning agency leader, Mark often inherited teams that didn't pick him. His first move was always the same. He asked each person about their role and where they wanted their career to go. Then he listened, and acted on what he heard.

Today, his Leadership Keynote Conversations™ bring that same habit to the stage. He shares the microphone with the room. He interviews people before the event, so their own words show up on the screen. Every person leaves with one move to make on Monday.

Associations, HR leaders and executive teams book Mark for keynotes, offsites and follow-up trainings. Planners get a partner from first call to last session.

Mark is Accredited in Public Relations (APR), a Fellow of the Public Relations Society of America and a SHRM Recertification Provider. His sessions and writing have reached more than 200,000 people, including readers of his monthly well-being column for PRSA's Strategies & Tactics. He lives in Portland, Oregon.

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- **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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• Keynotes

Keynotes for every part of a healthy team

Healthy leaders. Confident, connected teams. Each keynote takes one of the three and gives your people a plan for Monday.

• Healthy

A Thousand Tuesdays: What Healthy Leadership Looks Like

• Confident

Why You're on This Team: Where Every Role Counts

• Connected

The Other Chair: Leading with Empathy and Compassion

• Most booked

Leadership Keynote Conversations™

The room does the talking. Live polls put your people's answers on the screen, and coworkers hear each other in a new way. Best for rooms that like to engage.

• Also available

Stage keynote

The same stories and tools from the stage, with a few quick audience moments. Best for very large or quieter rooms.

Every keynote includes

Calls before your event
Mark learns your goals, your audience and what success looks like. He interviews some of your people, too.

Built for your room
One hour to multi-day. In person or virtual.

Real-time feedback
Mentimeter for live polls and Talkadot for feedback, so every voice counts.

A call after
Review the feedback and plan your next step.

Starting fees	From $15,000	From $10,000	From $7,500
	Companies and national associations	State and regional associations	Local chapters, nonprofits and small businesses

Both formats cost the same. Every fee is plus travel. Virtual: budget 30% less.

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- Keynote

- Healthy

A Thousand Tuesdays: What Healthy Leadership Looks Like

Your team takes its cues from you. This talk helps you give steady ones.

For managers, executives and team leaders



The story

For 1,000 average Tuesdays, Mark Mohammadpour has been on a 150-pound weight loss journey. It didn't happen overnight. It happened one Tuesday at a time.

Leading works the same way. Your team watches what you do on an ordinary Tuesday, and they copy your pace. A steady leader builds a steady team. Mark's 1,000th Tuesday is February 16, 2027.

77%

of U.S. workers felt work stress in the past month, and 57% said it hurt them.

Source: American Psychological Association, 2023 Work in America Survey

What your people leave with

1. **Steady under pressure**
   Leaders practice a calm first response for their next hard meeting.
2. **Energy they can protect**
   Each leader picks one weekly habit that fits a real calendar.
3. **A pace the team can keep**
   Leaders see how their own health sets the tempo for everyone.

- Follow-up training

Leading with Clarity and Calm

Live scenarios and group coaching. Leaders practice coaching instead of commanding.

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- Keynote

- Confident

Why You're on This Team: Where Every Role Counts

The company hired you.
Your team is still deciding.

For all levels, from new hires to executives



The story

As an agency leader, Mark often inherited teams that didn't pick him. His first move was always the same. He asked each person about their role and where they wanted their career to go.

Then he listened, and acted on what he heard. People who know why they're on a team bring more of themselves to it. This keynote helps every person name their why.

46%

of U.S. employees clearly know what's expected of them at work, down from 56% in 2020.

Source: Gallup, 2024 U.S. employee engagement data

What your people leave with

1. **A purpose they can name**
   Each person can say why their role matters to the company.

2. **Careers that grow here**
   People connect their role today to where they want to go next.

3. **Confidence to speak up**
   People who know why they're here share ideas sooner.

- Follow-up training

Know Your Value on the Team

Each person answers one question: would your team hire you today? They leave with a one-sentence role statement.

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- Keynote

- Connected

The Other Chair: Leading with Empathy and Compassion

Teams get closer when each person sits where someone else sits.

For all levels, across teams, levels and locations



The story

At a recent leadership conference, Mark gave every table a made-up family on its first week in a new town. Tables walked through that week one moment at a time, from the family's side of the desk.

They used four moves: Notice, Picture, Ask and Act. By the end, every leader had one helpful move for a customer and one for a teammate.

76%

of employees with very empathic senior leaders felt engaged often or always. With less empathic leaders, it was 32%.

Source: Catalyst, The Power of Empathy in Times of Crisis and Beyond, 2021

56%

higher job performance when people feel they belong. Turnover risk falls by half.

Source: BetterUp, The Value of Belonging at Work, 2019

What your people leave with

1. **Fewer misreads**
   Teams practice seeing a moment from a coworker's side before they react.
2. **Trust across the org chart**
   Leaders connect across levels, teams and distance.
3. **One helpful move**
   People leave with a 4-line script: what I heard, what I'll do, when, and how I'll check back.

- Follow-up training

Empathy in Action Lab

Paired conversations and real workplace scenarios. Each pair leaves with one empathy map.

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- Testimonials

What planners and leaders say

60+ testimonials from 55+ organizations. Here are a few.

"

Mark gave 200 of our global communicators both the permission and the space to develop a plan to take better care of themselves.

Michelle Taylerson
Amazon

"

More than 95 percent of attendees responded with a highly favorable opinion of the talks.

Ashley Hickson
Mutual of Omaha

"

I appreciated Mark's intentionality and the way he listened to the needs of our organization, while still providing us new thinking and recommendations.

Ellen O'Brien
UnitedHealthcare

"

His energy was infectious, he was incredibly engaging, and we received nonstop compliments from our members about how well the session resonated with them.

Lindsay Leszczynski
External Communications, Dignity Health

"

The impact was clear in how connected, motivated, and aligned our team felt afterward.

Katie Davidson
Manager, Event Operations & Ticketing, DraftKings

"

Mark didn't deliver theory, but rather practical tools our leaders could put to work the next day.

Scott Prior
President/CEO, Connection Credit Union

"

Mark's keynote presentation was exactly what we were looking for and got our event off to a pitch-perfect start.

Todd Probus
Director of Member Solutions, National Tour Association

"

Three months later, I can see members of the team expanding their circle of influence and working on longer term, inspiring goals.

Mary Katherine Krause
Principal Consultant, Krause Consulting & Coaching

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- A/V needs

What Mark needs on stage

Mark works with your A/V team to get it right for your audience.

- Microphone

A wireless, hands-free mic

Mark moves around the stage and, with your OK, into the audience. A lavalier, headset or Countryman mic works best.

- Confidence monitor

A view of his slides

Mark doesn't use notes, but he needs to see his slides while facing the room. A next-slide view and a countdown timer help but aren't required.

- Laptop

His own MacBook Pro

It has HDMI and USB-C out. Mark runs slides from PowerPoint or a browser, and he's glad to have your A/V team run them instead. He brings backups in case the internet goes down.

- Live polls

Phones out, on purpose

Mark runs live polls with Mentimeter, so attendees join from their phones. Please share the event Wi-Fi with the room.

- Podium

None needed

Mark prefers no podium on stage, and he can easily work around one if needed.

- Slide advancer

He brings his own

He's happy to test yours if your team prefers.

- Sound and video

Usually none

If a clip is part of the session, Mark will run it with your team during sound check.

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Mark helps leaders build healthy, confident, and connected teams. Let’s talk about your event.

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