

# MARK CREAR



Speaking - Coaching - Seminar  
Booking

[WWW.MARKCREAR.COM](http://WWW.MARKCREAR.COM)

[INFO@MARKCREAR.COM](mailto:INFO@MARKCREAR.COM)

(818) 421-8238

"Hurdles" are an inevitable part of life. The key is discovering a formula for conquering and getting over them. Mark's personal experience as a Olympic hurdler was the inspiration for *In The Zone Performance Training* - a dynamic 3-step action plan designed to assist individuals, companies and teams - to **Find...Get and Stay In The Zone.**

## INDIVIDUAL COACHING

- RESILIENCY
- FINISH WHAT YOU START
- STOP BEATING YOURSELF... UP!
- INCREASE CONFIDENCE
- LEARN HOW TO COMPETE
- EXCEL IN PRESSURE SITUATIONS

## ORGANIZATIONS

- GOAL EXECUTION
- LEADERSHIP TRAINING & DEVELOPMENT
- YOUTH & ACADEMIC SPEAKING
- POSITIVE MANAGEMENT
- PEAK PERFORMANCE TRAINING
- DIVERSITY & CULTURAL SENSITIVITY

## SPIRITUALITY

- COMPASSION FATIGUE (BURNOUT)
- MINISTRY COUNSELING & TRAINING
- FAITH BASED KEYNOTES
- SPIRITUAL MENTORING

Dr. Mark Crear is a Two-Time Olympic Medalist, motivational speaker, life and business coach/counselor and author... whom also possess a resolute sense of faith and purpose. Mark is passionate & proven leader that has over 20 successful years of helping companies, ministries, teams, leaders, individuals and professional athletes achieve success. **BOOK MARK TODAY!!!**

**SPEAKER • LIFE & BUSINESS COACH • PERFORMANCE CONSULTANT**