

MARK MOHAMMADPOUR,
FRACTIONAL CHIEF WELL-BEING OFFICER

KEYNOTE SPEECHES
TEAM OFFSITES
ONLINE LEADERSHIP COMMUNITIES



Chasing the Sun[®]

Build a Culture of Well-being[™]

CHASING[®] THE SUN

We empower people to shine.
acultureofwellbeing.com
mark@chasingthesunpdx.com

Healthy Teams Create Healthy Profits.

Hi, I'm Mark Mohammadpour, Founder of Chasing the Sun. Through relatable, practical, and actionable well-being and leadership programs, we help companies create their Culture of Well-being so they can save millions of dollars by retaining healthy employees.



[Click here to watch my speaker reel.](#)

How We Work Together

High energy, impact, and value keynote talks. We deliver five-star inspiring keynotes and follow-up conversations with a lasting impact on leadership, culture, and employee well-being.

The Self Manager. Through a customized online training and community program, we'll turn burned-out managers into healthy, trusted, and respected leaders.

Team Offsites. Chasing the Sun delivers a personalized, comprehensive, and inclusive approach to team well-being programming to positively impact the employee experience.

Did You Know?

Between recruiting costs, moving expenses, and lost productivity, it can cost as much as **200 percent of someone's salary** to replace them should they leave your company.

Source: SHRM

Testimonial

"If your company is experiencing a challenge with turnover, managing a hybrid culture or employee engagement, or are just ready to commit to an organizational well-being strategy, talk to Mark." - Rebecca Martin, EVP, Culture & Talent, Beehive Strategic Communication



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Benefits of Working With Chasing the Sun

Improved Employee Retention. “If you’re looking for an outside consultant to trust with identifying how to better improve employee job satisfaction and career motivation, then look no further than Mark!” – Sara Defibaugh

Lasting Change. “I’ve witnessed first-hand how business leaders can make real-time changes to positively impact their teams. Companies and their employees will benefit from Chasing the Sun to help them reach their business objectives.” – Sarah Burke, Enterprise Internal Communications, Rockwell Automation

Improved Communication. “Since we’ve participated in Mark’s workshops over the last several years, we’ve been able to facilitate more open conversation about mental health in the agency workplace, and we’ve experienced more dialogue surrounding these often-complicated topics.” – Weber Shandwick

Less Burnout. “Mark is an incredible resource for professionals working to balance their lives, careers and health. We all need to be reminded that it’s not just ok, but critical, to put ourselves first so that we can show up most effectively for everyone else around us. Thanks, Mark, for being such a source of motivation and inspiration for us all!” – Ann Smith, President and Founder, A.Wordsmith

Relatable, Practical, and Actionable Steps. “Mark’s unique ability to take his approach to employee well-being, adapt it perfectly to his audience, and deliver a relatable, practical, and actionable approach that we can implement right away is inspiring.” – Ashley Hickson, Mutual of Omaha



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How Chasing the Sun Works with Companies

Interactivity and Inclusivity. We use software tools to ensure interactivity, inclusiveness, and feedback are delivered throughout our engagements.

Customized for Your Needs. No off-the-shelf materials here! We develop your program tailored to the specific challenges you're facing.

Full Scalability. We've hosted sessions virtually and in-person, to attendances of five to 1,000+, from one-hour to multi-day.

Pre-Event Consultation. We'll discuss alignment on goals, expectations, and success factors.

Post-Event Reports. At every stage, you will receive a post-event report and recommendations based on our time together.

Ongoing Consulting. Throughout the Three-Point Impact, we'll be available to consult with key contacts.

Chasing the Sun Services

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Valuable Keynotes with Impact

We deliver inspiring keynotes and follow-up conversations with a lasting impact on leadership, culture, and employee well-being. If you're looking for a high-energy, high-impact keynote speaker to deliver value to your event, let's partner to make it a memorable experience.



[Click here to learn more.](#)

Sample Topics

Build a Culture of Well-being™. Your employees want to take the time off they deserve, feel safe sharing vulnerabilities, have quality sleep, and other factors to make their lives better. We'll share relatable, practical, and actionable steps to ensure you and your company live a Culture of Well-being that impacts the health of your staff and your business.

Leading With Empathy. Recent data suggests that 76 percent of people who experienced empathy from their leaders reported being engaged, a critical factor in designing effective employee communications strategies. We'll discuss how an empathetic leadership style can help build trust with employees, earn respect from executives, and design a winning culture.

Attaining Buoyancy as a Next-generation Leader. A leader might feel lonely on paper, but it doesn't have to be in reality. By attaining buoyancy, you will be a trusted advisor for your employees and clients, and, most important, live a healthy life to spend with your loved ones. This conversation will deliver on how to be a healthy, confident leader.

Did You Know?

20 minutes after a keynote ends, people forget 50% of what they learned.

Source: Harvard Business Review

Testimonial

"I've seen a lot of speakers that promise to motivate, inspire and provide concrete tools but fail to deliver. Mark nails this in the first ten minutes." - Jacque Coe, APR, Fellow PRSA

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Team Offsites

Chasing the Sun delivers a personalized, comprehensive, and inclusive approach to team well-being programming to positively impact the employee experience. Are you an executive or business owner looking for a strategic partner? Let's talk!



[Click here to learn more.](#)

Sample Topics

Design Your Team's Well-being Plan. What does "well-being" mean to your team? In this session, we'll explore the strategies you need to prioritize and implement to create a strategic well-being program to benefit your employees, executives, and shareholders.

Write the Unwritten Rules. Through a closed-door session and as a team, we design a charter that emphasizes the benefits of an equitable work environment and establishes agreed-upon expectations.

Confidence and Owning the Room. Building relationships, virtually or in person, requires preparation, establishing a presence, building rapport, and overcoming imposter syndrome. This session focuses on practical and actionable tips on how to be a trusted advisor with your customers.

Did You Know?

20 minutes after a keynote ends, people forget 50% of what they learned.

Source: Harvard Business Review

Testimonial

"By bringing Mark to my team, I know people will be challenged to do their best but encouraged and supported. It's a really beautiful combination of someone who gets things done and does it in a way that shows they care about them." - Libby Catalinich, APR, Director of Communications, Pierce County (Washington)

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The Self Manager

Through a customized online training and community program, we'll turn burned-out managers into healthy, trusted, and respected leaders.



[Click here to learn more.](#)

What's Included

Self Manager Course. Develop your manager approach with eight in-depth popular lessons delivered by Mark in five-star keynotes and workshops. Subtitled video, audio, and written content on every topic will be available to consume at your own pace. A new module is released each week.

Community Participation. The Community is your private social network to connect with fellow participants to share perspectives on the lessons. This will be a great way to network with other growing leaders who are going through this journey at the same time.

Manager Toolkit. Building relationships, virtually or in person, requires preparation. Leaders want best practices and we're delivering them through The Self Manager! Every course will have actionable materials for you to implement immediately.

Did You Know?

60 percent of managers have received no formal training.

Source: LinkedIn

Testimonial

"We're immensely thankful for his partnership in tailoring The Self Manager specifically for our community. The feedback from our community members has been overwhelmingly positive, praising the class for its significant role in fostering their growth and success." - Sadie St. Lawrence, Founder and CEO, Women in Data

Three-Point Impact™

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Improve Culture, Well-being, and Your Bottom Line.

A successful talk comes down to implementation and integration. That's why Chasing the Sun's Three-Point Impact delivers life-changing keynotes and workshops for the health of your team and company.



How We Work Together

1.

Initial Keynote, Workshop, or Offsite. We will deliver a powerful, interactive, and tailored discussion about your company's Culture of Well-being. This will set the stage for further discussions to implement and integrate what we learned in parts two and three.

2.

Implementation. Next comes research-based implementation. We focus on the area that will most significantly impact your organization's Culture of Well-being. We'll deliver research-based training on this topic and train your leaders on how to start practicing it with their teams.

3.

Integration. We get the feedback from the teams. What worked well, where were the challenges, and what were the wins? We go deeper to ensure leaders can now integrate this into their daily and weekly work. That's when you see a significant change in the well-being of your employees.

Did You Know?

Employees who perceive their companies as transparent have 12 times greater job satisfaction than those with the opposite perception.

Source: Future Forum

Testimonial

"Partnering with Mark is an asset for any company looking for a strategic employee well-being partner to reduce turnover and help meet their business objectives." - Kim Sample, CEO, PR Council

About Mark and Chasing the Sun

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Your Chief Well-being Officer

Through my journey as a public relations executive, and after losing and keeping off 150 pounds, I founded Chasing the Sun to deliver relatable, practical, and actionable tools to help companies take care of their employees.



About Mark

Weight-Loss Success Story. In 2007, I weighed more than 350 pounds. I was breaking chairs in restaurants, had trouble sleeping during the night because I was experiencing sleep apnea, and struggled to walk up a flight of stairs.

Award-Winning Communications Executive. At Edelman and Weber Shandwick, I led campaigns for more than 10 global technology brands and a branch of the United States military.

Spending Quality Time Outside of Work. When I'm not working with companies to build their Culture of Well-being, I'm spending time with my incredible wife Christine, our dog Molly, watching soccer, taking Peloton classes, and spending as much time touching grass as possible!

Credentials

B.S., Organization Communication, The University of Portland.

Accredited in Public Relations.

Public Relations Society of America College of Fellows.

Certified Personal Trainer, Health and Nutrition Coach.

Awards

PRWeek Winner: Best Use of Social Media/Digital.

Holmes Group SABRE Award Winner.

PRNews Platinum Award Winner.

Olga M. Haley Mentorship Award, PRSA.