MARK GIBSON

CURIOSITY-AUDACITY-TENACITY

"A highly engaging masterclass in thinking creatively, acting boldly and persevering relentlessly"

Mark Gibson Bio (not to be used as an introduction)

Like you, performance expert and keynote speaker, Mark Gibson knows that a defining characteristic of high performing people is their focused mindset. How do they think? What do they believe? Why are they seemingly more resilient? To address this reality Mark developed the C.A.T. Mindset model to help himself and anyone else who wants to build a life driven by their curiosities instead of their fears and self-doubts.

By reminding himself and others to follow their curiosities, consistently act with confident audacity, and persevere with relentless tenacity he is creating an ever-growing herd of “CAT people” who refuse to settle for “good enough”.

Mark has a habit of dreaming up bold ideas and making them happen.

He wondered if it would it would be possible to run the height of Mount Everest on the Philadelphia Art Museum steps (the Rocky steps from the movies). So, he spent 47 hours ascending and descending the 72 steps until he covered 63 miles and hit 29,029 feet.

He has also run the entire 100-mile length of the Florida Keys in one day, run 276 miles across Pennsylvania (ten marathons in ten days) and run a 47mile double crossing of the Grand Canyon.

While his aching knees were recovering from too much running, he took off on several bicycle adventures including a 5,000-mile loop of Europe, a 3,400-mile cross-country ride from California to the New Jersey shore, a 2,700-mile ride down the Continental Divide Mountain Bike Route from Banff, Canada to the Mexico border and a 1,800-mile Pacific Coast adventure from Vancouver to San Diago.

Despite not having set foot on a skateboard since he was a teenager the idea of riding one from Washington DC to Ottawa, Canada (capital to capital) seemed fascinating. After eighteen days and 600 miles of weaving around road debris he and his son rolled into Parliament Hill, Ottawa.

To fill his idle time between adventures he has learned to ride a unicycle, tear a phone book in half, break a glass with his voice and throw a pretty mean boomerang.

When he’s not home in Pennsylvania teaching flips and twists to kids at his own gymnastics center, he’s on the road sharing the C.A.T. Mindset model to organizations that want to help their teams think bigger, perform better and act bolder.