

Mark R. McLaughlin, MD, FACS, FAANS

“A truly authentic speaker who connects stories with power and purpose.”



Mark R. McLaughlin is an internationally recognized neurosurgeon, a former collegiate wrestler, and a veteran youth wrestling coach. He is an acclaimed keynote speaker, and author of *Cognitive Dominance: A Brain Surgeon's Quest to Outthink Fear*. Dr. McLaughlin's commentary on performance enhancement has appeared in [Business Insider](#), [Entrepreneur](#), [Reader's Digest](#), [MSN](#), [Costco](#), [Thrive Global](#), [KevinMD](#), [Becker's Spine Review](#) and [the NCAA](#). He is the founder of Princeton Brain and Spine Care, and co-founded Trenton Youth Wrestling, a non-profit providing inner-city children with wrestling and mentorship.

Dr. McLaughlin has spoken at The United States Military Academy, The University of Notre Dame, Princeton University, as well as to Law Enforcement, Medical Professionals, and all levels of athletes from youth to elite level athletes. His talks are motivational, captivating, and inspiring. Dr. McLaughlin speaks directly from extensive knowledge of the neurosciences and his two-decade experience as a neurosurgeon and coach. Popular appearances have included the following topics:

- **Limitless Life** - This talk focuses on longevity and living a fully vibrant and engaged life. Drawing on experiences in neurosurgery, he discusses the importance of caring for your brain and spine. He discusses the power of establishing healthy habits and curating one's mind to achieve longevity in one's life.
- **Burn Out** - This talk focuses on factors that lead people to lose their love of their vocation. Drawing on experiences in neurosurgery and the crippling effects of practicing modern medicine, Dr. McLaughlin outlines specific methodologies and mindsets to steer one's outlook toward job satisfaction and purpose.
- **Terrible Knowledge** - This talk focuses on dealing with profoundly traumatic events that we all experience in life and how we process them. Dr. McLaughlin offers his expertise of working in the unforgiving environment of brain surgery and proposes a methodology that can promote a healthier metabolism of traumatic life events.
- **Athletic Elite Performance** –Focusing on factors that enhance and inhibit one's ability to execute with precision, this talk covers the rules, routines and rituals that are conducive to optimal performance. By cultivating a greater awareness and strengthening one's resiliency skillset athletes can jump to the next performance level.
- **Cognitive Dominance** – This talk focuses on Dr. McLaughlin's odyssey through neurosurgical training and practice with experiences that lead him to his theory on how we can wrestle with life's number one performance detractor: Fear.