

Mark Ostach

(last name pronounced 'Au-Stash')

Long Bio

Mark Ostach helps people find the courage to connect – with themselves, their purpose, and with the people in their lives, both online and offline. Mark's goal is to restore energy and focus to organizations battling modern life's non-stop pace and growing sense of disconnection.

Mark knows what it's like to feel disconnected having compulsively checked his phone for over a decade. He's on a mission to teach people healthy digital habits so they can improve their digital wellness and create deeper connections with things in life that matter most.

Mark holds degrees in psychology and technology with an interest in behavioral neuroscience. He is determined to remind the world that human connection is the most powerful connection we have.

A nationally recognized speaker on Digital Wellness, Mark has done two TED talks and spoken to thousands of people all over the country encouraging them to embrace a culture of digital wellbeing.

Go ahead and check your phone one last time and get ready to be inspired by Mark Ostach!

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