***Long Bio***

Mark Berridge inspires people and organisations to pursue their potential — especially when the path forward is unclear.

He helps individuals aim high, undaunted by uncertainty, and achieve the progress they’ve too often put in the “too hard” basket. His message? That even the biggest goals can be reached through the compounding power of small, deliberate steps — and by strengthening our mindset, one fraction at a time.

An experienced corporate leader turned TEDx speaker and multi award-winning author, Mark shares the life-changing lessons forged in the aftermath of a devastating spinal injury that left him physically and emotionally shattered. His journey forward was shaped by grit, humility, and a deep well of support — and it unlocked a new perspective on resilience, performance, and possibility.

Mark is the creator of the FEET framework, a practical, mindset-first approach to navigating setbacks.

Mark believes we are all stronger than we think — and that belief, when activated, has the power to transform teams, leaders, and lives.

***Short Bio***

Mark Berridge is a TEDx speaker, award-winning author, and former corporate leader who inspires people and organisations to unlock their potential — especially in the face of disruption or uncertainty.

His unique perspective blends executive experience with the raw lessons of personal recovery after a severe spinal injury. Mark’s work champions progress through mindset, momentum, and the power of believing you are already more capable than you think.

***Something less formal***

Mark Berridge went from high-flying corporate dad to flat on his back, after a cycling crash left him shaken and stirred.

With shattered vertebrae and a crushed spinal cord, even sliding a centimetre up his bed was a win.

Mark shares how he found his FEET: Focus, Exploring perspectives, Engaging support, and Trust – and why even our unsteadiest steps can lead to powerful progress.