



Mark Ostach

**Human Connect and Digital Wellness Speaker
Clarkston, Michigan**

Mark Ostach helps people find the courage to connect. A globally recognized speaker on human connection and digital wellness, and frequently featured in *USA Today*, Mark has given two TED talks, written two books, and spoken to thousands of people, encouraging them to embrace a spirit of courage through vulnerability. Mark has degrees in psychology and technology, and he has an interest in behavioral neuroscience. His mission is to remind the world that human connection is the most powerful connection we have.