



Charles Clark

SPORTS PERSONALITY

World-Class Athlete, Mindset Expert and Motivational Speaker

- Charles Clark is an ex-pro athlete, and creator of the Thrive Planner and the Thrive Tribe Podcast. He is an expert in habit improvement, discovering purpose, vision creation and goal-setting.

Charles Clark's 2026 Biography

Charles Clark's background

By the age of 22, Charles Clark was a 3 time National Champion, 10 time All American, and placed as the 6th fastest man in the world at IAAF World Championships in Berlin, Germany. He was living the dream and one year away from inking his first shoe deal as a track and field superstar. On the outside, he was thriving, but his inner champion was barely pounding the surface.

It took a 99% tear in his right quad muscle, a debilitating injury for a world-class sprinter, to uncover the depth of who he is. For so long, his life was one-dimensional— practice, training, rehab, stretching, race, win, get better, get faster. The injury left his confidence bankrupt and emotions starving. This was the start of building a sustainable foundation of the man he is now.

Clark moved into a season of speaking voluntarily at local schools, giving them a watered-down version of his life with surface level motivation, never touching on his pain for fear of judgment. He believed no one would want to hear him speak, if they knew his truth. His mom was supporting her grown son. He was borrowing her car, while he was trying to rise back to fame. He felt like a failure, but still, he spoke.

Instead of just talking about success, he began talking about the pain we mask and understanding that it all had a purpose. People needed to hear his entire journey. The highs and the lows. He started putting on Thrive Events and traveling around the world impacting tens of thousands of lives each year. He became an expert in habit improvement, discovering purpose, vision creating and goal setting.

This is where he truly learned that thriving is more than just a gold medal. It is impact. It is life transformation. It is excellence. It is integrity. It is intentional living. Thriving is all the things most people forget when they are determined to achieve a great goal. These are the dimensions that

AVAILABLE FOR

- Coaching
- Consultancy
- Speaking

LANGUAGES: English

gave him a life of purpose, and led him to training and speaking with organizations like Dick Sporting Goods, Nike, Raymond James Financial, Frontier Communications, iHeart Radio, US Army and FSU.

His mindset of thriving led him to his wife, Shelbi. He met her serving at the Dream Center of Tampa. When he had the opportunity to love her, there was something different about it. He was at the point in his life where he felt equipped to love someone with his whole heart. They bring out the best in each other and they enjoy the simple things in life. They challenge each other to stand in their purpose, seek wisdom through compromise and believe in the goodness of one another's hearts. She is one of the reason that he continue to chase thriving.

Thriving is something he is seeking in every area of his life, not just from the stage or during one of his podcast episodes— it is all-encompassing. Between his health, community outreach, and close relationships, thrive is not just something that looks good on paper, it is something he live by.

Charles Clark's 2026 talks & topics

Adversity Makes You Stronger

How to change your perspective on adversity and use it to make you stronger

Charles knows a thing or two about facing adversity. At a young age, he was recognized as one of the fastest men in the world. He won national and world competitions and was on the verge of signing a shoe deal. That was until he faced a career-ending injury that left him broken and feeling like he lost his life purpose.

Charles later realized that the adversity he was facing would be the very thing to propel him into his greatest purpose yet: to use his story to impact and encourage people all over the world who felt like he did.

In this empowering and motivating session, you will learn:

- How to shift your perception on adversity and use it to make you a better, more fulfilled person
- The one skill you need to become less impacted by setbacks
- The most important habits that amplify your confidence, happiness, and peak performance
- The power of decision-making and what choices lead to gaining momentum on your goals
- The science behind our behaviors and how to reprogram your mindset
- How to be empowered and uplifted to become your best self
- How to build a magnetic influence on those you lead and feel good about it

Who this topic is for: Anyone who has felt the pressure of adversity and desires more.

Formats: Virtual events, Sports Teams, Sales Teams, Conferences, Kick-off Events, Associations, High Schools & Colleges, Corporate Events

How to Become Relentless

How to take captive your thoughts and break down barriers in your life.

Charles' entrepreneurial and athletic careers had something in common: Both journeys were difficult. The kind of "difficult" that makes you want to give up. It's taken Charles a certain type of mental toughness to help him push through the hard times to become a better version of himself. Since beginning his athletic and entrepreneurial careers, Charles has identified the common process for relentlessness that guarantees success. Adjusting his mindset and never giving up.

It's easy to quit when you hit rock bottom. It's your mindset that can either make or break the way you handle tough situations.

Within this topic, Charles shares what it means to become relentless enough to deal with the stress that fear equips. He shares the science and impact behind stress in our lives and how it can be taken captive so it doesn't destroy us and get us off the right path in life and in our careers.

In this session on relentlessness, Charles teaches you how to:

- Understand our thoughts and use them to create a successful strategy for life and career
- Create a positive mindset in even the most stressful situations
- Unleash the desire and steps to achieve more happiness and success
- Relearn the meaning of success to avoid burnout
- Approach your goal with passion and drive for achieving it
- Become committed to an outcome, even in the most undesirable situations
- Feel empowered and uplifted to become your best self

Who this topic is for: Anyone who has felt out of control of their thoughts and has let a negative mindset stop them from achieving greatness.

Formats: Virtual events, Sports Teams, Sales Teams, Conferences, Kick-off Events, Associations, High Schools & Colleges, Corporate Events

Building Skyscraper Relationships

How to build impactful relationships among your team to help you conquer business goals and create a productive environment.

In the last few years, relationships have been tested more than ever. We've had to navigate through COVID while still learning how to maintain healthy relationships with our friends, family and team members. But, the truth is, relationships are how we win bigger in life. It's crucial to prioritize them.

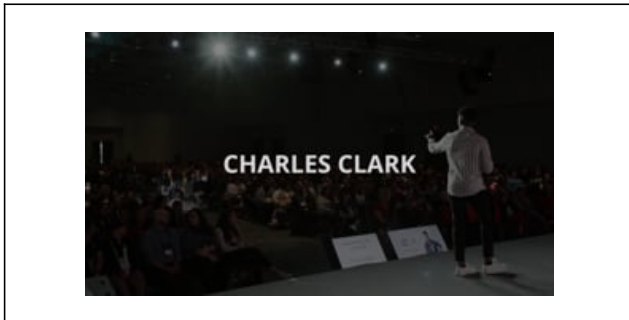
The "Building Skyscraper Relationships" workshop has been used with Fortune 500 companies and small businesses to unlock the power of relationships in an organization to drive results, improve customer experiences and create a lasting legacy. In this session, Charles teaches people that the "I" in "team" doesn't exist when it comes to finding success. True success occurs when we prioritize people and not take on life alone. These are principles that can be applied with both personal and business relationships.

In this session, you'll learn how to:

- Set up powerful relationships with every person in your corner
- Deepen an organization's foundation and increase productivity among your team
- Build genuine relationships between your team members
- Understand the 4 levels of relationships that humans desire
- Determine the difference between those in your circle of influence and those you are called to influence
- Be equipped to lead your team by putting an effective strategy in place
- Break down the biggest barrier in the way of creating legacy and momentum in your organization
- Who this topic is for: Any corporate or small business leadership team

Formats: Virtual events, Sports Teams, Sales Teams, Conferences, Kick-off Events, Non-Profit Associations, Corporate Events

Charles Clark's Videos



What Charles Clark's clients say

Charles's talk was so engaging and insightful. This is the first time I ever feel so connected and related to the speaker even I was listening through virtual setting than attending an event in person.

Sally J.

Students found his presentation style engaging and appreciated him sharing his journey and the life lessons he learned along the way.

Kimberly E.

Charles provided the audience with infectious energy right from the get-go, really engaging with everyone and inspiring us to reflect on what we're doing in our lives and how we can improve.

Ayden R.

Charles was amazing at engaging with us students and creating a participatory environment. Overall, an incredible experience listening to him speak!

Amanda P.