Short & Long Bios

**Mario Armstrong - Short Bio**

Mario Armstrong is a two time Emmy Award Winner, lifestyle entrepreneur, TV Host, Public Speaker and Motivator for the modern world. He focuses on delivering tactical advice to inspire people to take action pursuing their personal and professional goals, dreams and passions. He’s the Host of the Emmy Award Winning Never Settle Show, an NBC TODAY Show Contributor, appears on Dr. Oz, Steve Harvey, NPR, Inside Edition & more, and is a public speaker with Daymond John’s Shark Group’s Speaking Division. His new daily podcast, entitled Wake Up and Level Up, kickstarts your day in under 5 minutes with a jolt of inspiration, advice and personal growth formulas. The podcast is in the Top 200 podcast on the iTunes Self-Help charts and is in the top 10% of all podcasts around the country according to Lybsyn. Mario's mission is to provide advice, mentorship and tools to help you hustle mindfully to pursue your passions.

OR

Mario Armstrong is a NBC TODAY SHOW contributor, entrepreneur, creator, and motivational speaker and partner with Daymond John of Shark Tank. Armstrong is also a two-time Emmy Award-winner for his show “The Never Settle Show” filmed at Nasdaq studios in New York’s Time Square.

Mario's mission is to provide advice, mentorship and tools help you hustle mindfully to pursue your passions.

**Mario Armstrong - Long Bio**

You’ve probably seen Mario on TV as a two time Emmy Award–winning talk show host and Digital Lifestyle Expert® on NBC’s TODAY Show, CNN, NPR, and more. Or you’ve watched him on Steve Harvey, Inside Edition, Dr. Oz, FUSE and other popular talk shows and news programs.

​Mario is also the host of the Emmy winning [Never Settle Show](http://neversettle.tv/), a web television series that provides the advice and tools to help you hustle mindfully to pursue your passions.

Mario focuses on positivity, motivation, and tactical advice to inspire people to take action pursuing their personal and professional goals, dreams and passions. He is an entrepreneur, brand influencer, and a public speaker listed with [Daymond John’s Shark Group Speaking Division](http://www.thesharkgroup.com/capabilities/speaking/speaker/mario-armstrong/). His new daily podcast, entitled [Wake Up and Level Up](https://wakeupandlevelup.com/), kickstarts your day in under 5 minutes with a jolt of inspiration, advice and personal growth formulas. The podcast recently became a Top 200 podcast on the iTunes Self-Help charts and is in the top 10% of all podcasts around the country

Whew. When he’s not playing host, contributor, and expert, he’s living a balanced life, playing husband and father, devouring sushi, meditating, adding to his metal lunchbox collection, and taking his “sneaker head” status to borderline obsessive levels. (Seriously, you wouldn’t believe this guy’s closet.)