

Marques Ogden

Bio

Growing up in a single-parent home with a father that inspired and demonstrated perseverance and fairness, Marques Ogden learned how to define his values and set goals. Marques attended Howard University from 1998-2002, where he played Division I football. He followed his dream and his brother Jonathan's footsteps and was drafted into the NFL in 2003. Marques played in the NFL from 2003 to 2007 as an offensive lineman for the Titans, Bills, Ravens and Jaguars. During the off season, Marques helped train football players in Europe, both physically and mentally.

At the age of 27, he founded a construction company called Kayden Premier Enterprises, a business that grew rapidly in its first few years, but he lost the business after a bad business endeavor. At his lowest point, the NFL and lessons he learned from his father and coaches, helped him restructure his life. With hard work and determination, he became a motivational speaker and marketing leader with the goal of helping others to succeed. Marques currently works with clients such as JP Morgan, The Home Depot, The NFL, The U.S. Military, Cisco, Siemens, NetApp and many others speaking on a variety of topics, including leadership, transition, perseverance and resiliency.

His best-selling book, "[Sleepless Nights: The NFL: A Family and Business](#)", is an autobiography following him from his birth to his NFL career, rise and fall in corporate America and beyond. Marques Ogden's story is a candid look into the life of an NFL athlete that turns into a successful business man then loses it all and must overcome his demons of drinking and gambling to get his life back on track.