

JOE SPECTOR

KEYNOTE SPEAKER | AUTHOR | PODCASTER

LONG SPEAKER BIO

Life gets hard. Train for it.



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Joe Spector is a former law enforcement officer, retired firefighter, author, podcaster, and nationally recognized speaker whose work focuses on suicide prevention, resilience, and emotional fitness.

For years, Joe believed he understood resilience. He had survived an active shooter incident with bullets flying over his head, led crews into burning buildings, worked pediatric codes and horrific accidents, and spent 16 years serving in law enforcement and the fire service. He knew how to stay calm in chaos, solve problems, take care of people, and push through adversity.

Then the chaos became his own.

Over the course of roughly a year and a half, Joe suffered a permanent brain injury that ended the career he loved, lost his best friend to suicide, experienced multiple deaths within his family, faced severe financial strain, and watched his marriage and family begin to unravel. Eventually, depression and dissociation brought him within millimeters of taking his own life.

Surviving that moment changed everything.

Joe realized he had never lacked toughness. What he lacked were practical skills for the problems toughness alone cannot solve:

regulating an overwhelmed nervous system, processing difficult emotions, navigating conflict, communicating under stress, supporting someone who is struggling, and remaining present when life is actually going well.

Those skills became central to rebuilding his own life and family, and eventually became the foundation of his work.

Public safety has been Joe's world for nearly 25 years. For almost a decade, he has been back inside firehouses, police departments, conferences, and leadership rooms teaching the lessons he wishes someone had taught him earlier. He has now delivered more than 200 paid speaking and training engagements and taught resilience skills to more than 1,000 public safety professionals.

Joe holds a Bachelor's Degree in Psychology and currently serves as Director of Public Safety Partnerships for Kadelyx Ketamine Therapy, where he works alongside a clinical team connecting public safety professionals with effective mental-health care. He is also the founder and CEO of Grit, Growth & Gratitude Training LLC.

Joe's approach combines lived experience, psychology, humor, and practical tools people can actually use at work, at home, and when life gets hard.

His message is simple: resilience is not becoming bulletproof. It is knowing what to do when life hits you, and learning how to appreciate it when it doesn't.

