

JOE SPECTOR

KEYNOTE SPEAKER | AUTHOR | PODCASTER

SHORT SPEAKER BIO

Life gets hard. Train for it.



SHORT SPEAKER BIO

Joe Spector is a former law enforcement officer and retired firefighter who brings firsthand experience and hard-earned insight to his work in mental health and resilience. A survivor of a near-miss with suicide, Joe has become a nationally recognized subject matter expert in suicide prevention and emotional fitness within the public safety community.

He currently serves as the Director of Public Safety Partnerships for Kadelyx Ketamine Therapy and is the founder and CEO of Grit, Growth & Gratitude Training LLC, where he equips agencies with practical, resilience-based strategies to prevent suicide and promote overall wellness.

Joe is also an author, podcaster, and sought-after keynote speaker. Above all, he is a proud husband and father, committed to helping others strengthen their lives and relationships both on and off the job.

