

The
Grit 
Growth &
Gratitude
PODCAST

with
Joe Spector



MAXIMIZE -YOUR- HAPPINESS

MEDIA KIT

Hi, I'm Joe!

RETIRED FIREFIGHTER, AUTHOR, PODCASTER

I teach people how to understand their minds and emotions so that they can be happy AF when times are good, Resilient AF when times are rough, and have more "thrive days" than just "survive" days.

After recovering from a career-ending injury, the loss of multiple loved ones, and a very near-miss with suicide, nothing brings me greater joy or fuels my passion more than sharing the tools that led me to radical wellness, and unshakable joy & resilience.



SPEAKING TOPICS

- ✓ **Emotional Intelligence:**
How to recognize, understand, and regulate your own emotions and thoughts, and then use that intel to communicate and make decisions that enable you to thrive.
- ✓ **Emotional Processing Techniques:**
Skills and exercises designed to process, heal from, and release challenging emotions (grief, anger, etc.) and and amplify positive emotions (joy, happiness, etc.)
- ✓ **Mindfulness and Meditation:**
How to create space, peace, and clarity within your mind, calm your nervous system down, and be able to choose how you want to respond to circumstances, rather being at the mercy of and reactive to emotions.

Client Testimonials



As a 20 year firefighter, I have a lot of baggage weighing me down and affecting my ability to live in the moment and enjoy every day. I've been applying many of Joe's techniques and practices, and it's making an incredible difference! Thank you!

Mike Morris

Fire Captain/Paramedic - Surprise, AZ



Wow! I feel like I just learned more helpful tips than the last couple of months of my own counseling. I devoured Joe's ebook, and now I've got some new incredible exercises to implement in my daily life so thank you for that!

Shauna Sinclair

Media Supervisor - Clearwater, FL



MY MISSION

- To demonstrate how emotional & mental fitness is just like physical fitness and equally important.
- To normalize and destigmatize the sharing and processing of emotions, challenging circumstances, and mental health struggles.
- To authentically share my own experiences and offer guidance, tools, and resources needed to meet your happiness potential.


WHAT YOU CAN EXPECT

Connection, Energy, Vulnerability,
Authenticity and Actionable Tools & Exercises
to Build Happiness & Resilience.



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LET'S CONNECT!

I've survived being shot at, fought dozens of structure fires, and worked on countless emergency medical patients from drowning calls to strokes and everything in between. I built a life and career out of helping and saving people until everything in my world crumbled, at which point I dedicated all that energy, passion and drive into saving and helping myself. Now it would be my absolute privilege to connect, share and help you and your audience.

Joe