



MEDIA KIT

Lt. Joe Morgan

Resilience & Recovery Strategist. Retired D.C. Fire Lieutenant. Twice given a 5% chance to survive.

*"It doesn't matter how tired you get.
It matters how quickly you recover."*

●Quick Facts

For captions, chyrons, and quick-reference use

1500° FIRE TEMP	NEARLY 62% BODY BURNED	40+ SURGERIES	5%×2 SURVIVAL ODDS	14 YRS FIRE SERVICE	26+ YRS PEER SUPPORT & SPEAKING
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●Short Bio

Lt. Joe Morgan is a Resilience & Recovery Strategist and keynote speaker whose story has been tested twice by impossible odds. As a 14-year veteran of the Washington, D.C. Fire Department, Joe survived a 1,500-degree house fire that left him with burns across nearly 62% of his body and a 5% chance to live — 85 days in the hospital, 60 in the ICU, and more than 40 surgeries. Years later, a rare cancer diagnosis left him with only 5% healthy bone marrow. He recovered from both.

The year after his injury, Joe began volunteering at the Washington Hospital Center Burn Department, supporting fellow burn and trauma survivors, including survivors of 9/11. He and his wife are both Certified Peer Supporters through the Phoenix Society for Burn Survivors, and Joe now serves on the board of the DC Firefighters Burn Foundation, which funds the Burn Center at MedStar Washington Hospital Center.

Today, Joe helps corporations, healthcare systems, first responders, associations, and faith communities build the same recovery mindset that carried him through — practical, repeatable strategies for staying focused under pressure and bouncing back fast from setbacks.

●One-Line Description

Twice given a 5% chance to survive, Lt. Joe Morgan teaches audiences and organizations how to recover fast, lead under pressure, and turn setbacks into forward motion.

●What He Speaks On

- When the Heat Rises** — leading and recovering under pressure, featuring the A.W.A.R.E. framework (flagship keynote)
- The Power of Recovery** — the R.E.C.O.V.E.R. framework for bouncing back from setbacks (workshop)
- Twice Saved From the Fire** — a faith-based testimony of survival, salvation, and purpose
- The Limitations of My Scars** — visible scars as a doorway into the invisible ones we all carry, for healthcare, education, veterans', and personal development audiences

● Sample Interview Questions

For podcast hosts, journalists, and moderators — feel free to use as-is or as a starting point

- 01 Walk us through the moment you realized you were trapped inside that fire. What was going through your mind?
 - 02 Doctors gave you a 5% chance to survive — twice, in two completely different circumstances. What do you think actually made the difference?
 - 03 You've said recovery, not perfection, is what carries people through. What does that mean in practice, for someone dealing with an ordinary setback rather than a crisis?
 - 04 What is the A.W.A.R.E. framework, and how did you arrive at those specific five steps?
 - 05 You speak to audiences well outside the fire service — corporate teams, healthcare workers, faith communities. What translates, and what doesn't?
 - 06 How did your faith factor into your recovery, and how do you talk about that with audiences who may not share it?
 - 07 What's something about long-term recovery that people who haven't been through it usually get wrong?
 - 08 What do you want someone to actually do differently on Monday morning after hearing you speak?
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● What People Say

"This story has transcended multiple generations of the D.C. Fire Department... not only are we saving lives, we're changing the fire service for the better."

— Captain Faulkner, D.C. Fire and EMS Department

"Even with our audience of project managers — not first responders — there was still enough that hit home... I couldn't recommend him more for any professional association."

— Matt Lowy, President, PMI Montgomery County Chapter

"What stands out about Joe's speaking is how powerful it is to have someone with lived experience speak authentically — not just about the triumphs, but also the struggles. This message brings knowledge and hope to healthcare providers, trauma survivors, first responders, and the broader community."

— Dr. Kimberly Roaten, PhD, ABPP, UT Southwestern Medical Center

● Photo & Video Assets

All available for direct download at joemorganspeaks.com — see "For Event Planners" section

Primary headshot

Outdoor, high-resolution JPG

joemorganspeaks.com

Headshot — option 2 & 3

Outdoor, alternate poses, high-resolution

joemorganspeaks.com

Headshot — white background

Studio, high-resolution JPG

joemorganspeaks.com

Promotional video

30-second narrated story reel

joemorganspeaks.com

Logo files

Wordmark & monogram, vector SVG + PNG

Available on request

● Fast Facts for Producers

Full name: Joe Morgan | **Title:** Lieutenant (Retired), D.C. Fire and EMS Department

Based in: Washington, D.C. metro area | **Available for:** in-person & virtual appearances nationwide

Pronunciation note: "Morgan" — standard pronunciation, no special notes

Preferred intro line: "Retired D.C. Fire Lieutenant and Resilience & Recovery Strategist"

● Connect

Public profiles for background research and linking



LinkedIn



Instagram



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YouTube

● Contact for Media Inquiries

All interview requests, appearance inquiries, and asset requests:

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